



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Be Active

Get moving and burn calories!

This chart shows the approximate calories spent per hour by a 100-, 150- and 200- pound person doing a particular activity.

ACTIVITY	100 lb	150 lb	200 lb
Walking, 2 mph	160	240	312
Walking, 3 mph	210	320	416
Walking, 4.5 mph	295	440	572
Jogging, 7 mph	610	920	1,230
Running, 10 mph	850	1,280	1,664
Swimming, 25 yds/min	185	275	358
Swimming, 50 yds/min	325	500	650
Tennis, singles	265	400	535

For other reasons to get active, visit:

www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Physical-activity-improves-quality-of-life_UCM_307977_Article.jsp