

# Small Steps to Health and Wealth

## Strategy 12 - Convert Consumption Into Labor (Health)

For more information or to schedule Health and Wealth sessions, please contact Elizabeth Trejo: (713) 274-0950 [etrejo@ag.tamu.edu](mailto:etrejo@ag.tamu.edu) Texas A&M AgriLife Extension 3033 Bear Creek Dr. Houston, Texas 77084



This program and newsletter is adapted from the "Small Steps to Health and Wealth Program," developed by Joanne Kinsey, M.S., CFCS at Rutgers, New Jersey Agricultural Experiment Station



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### Deskercise!

Scope out the office for a ream of paper, or a sealed package of printing paper. While seated, place the stack in between the knees and press legs inward, engaging the inner thighs. Continue squeezing the paper ream in place for 30-60 seconds while sorting through the morning's flood of emails.

Energy balance is when the calories you consume from food and beverages are equal to the calories that your body burns through physical activity. If you are overweight, this means that your energy balance is "out of balance." You are eating more calories than your body needs to perform daily activities and the extra calories are being stored as fat.

There are just three ways to improve energy balance: take in fewer calories, burn off more calories, or a combination of both. Many people work in sedentary jobs, so it is necessary to schedule daily physical activity to improve energy balance.

The 2010 Dietary Guidelines for Americans recommends that adults 18-64 years of age take small steps to increase activity levels. For substantial health benefits, adults should get 150 minutes per week of moderate intensity exercise, *or* 75 minutes a week of vigorous-intensity aerobic physical activity. That may sound like a lot but if you break it down, at a moderate intensity, that's only 30 minutes a day for 5 days a

week. And, if it's hard to carve out 30 minutes a day of continuous exercise, break it up into three 10-minute intervals.

Examples of moderate intensity exercise include: brisk walking, dancing, swimming or biking on level terrain. Vigorous-intensity activities include: jogging, singles tennis, swimming continuous laps, biking uphill.

Figuring out how much exercise is required to burn off a certain number of calories is a useful strategy to help improve energy balance. If it takes two hours on the treadmill to work off a slice of apple pie, you might think twice about having it or decide to eat a smaller portion, or reduce calories elsewhere. There are many online 'exercise calculators' that can help you calculate number of calories burned for any given physical activity.

Calories burned per hour will be higher for persons who weigh more than 154 pounds. Thus, a person weighing 160 pounds would burn more calories walking a mile than a person weighing 130 pounds.

### Calories Expended in Common Physical Activities

Moderate Physical Activity	Calories Expended per Hour (154-lb person)
Hiking	367
Light gardening/yardwork	331
Dancing	331
Golf (walking and carrying clubs)	331
Bicycling – less than 10mph	294
Walking at 3.5 mph	279
Weight lifting (light workout)	220
Stretching	184

Vigorous Physical Activity	Calories Expended per Hour (154-lb person)
Running/jogging	588
Bicycling more than 10 mph	588
Swimming slow freestyle laps	214
Aerobics	478
Walking at 4.5 mph	464
Heavy yard work (e.g. chopping wood)	441
Weight lifting (vigorous workout)	441

Source: 2005 Dietary Guidelines Committee Report

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