

CARDIOVASCULAR EXERCISE

This form of training is essential in your weight loss goals. Cardio exercises are exercises that are continuous in nature like walking, jogging, bike riding ect. However there is low levels of intensity workouts and then there is higher intensity workouts.

You should base your level of exercise on where your current level of fitness is at currently. If you have just started exercise after a long time of not doing anything than you should first start on walking for 40-60 minutes 3 times a week.

Below is a list on different exercises you can do and how intense they are in nature. The chart displays the level of calories during the specific exercises. Remember the higher the calories the greater the results but also the higher the intensity. So start at a low level of intensity and than work your way upwards month after month

This page shows you the number of calories you burn for 20 minutes participation in different exercises. We should all aim to take 30 minutes of moderate exercise 5 days a week. This can be a mixture of all types of physical activity, anything that makes you slightly out of breath and raises your heart rate slightly.

This table doesn't only show values for organised exercises, but also for more enjoyable pass times, like walking, dancing and gardening which many of us enjoy to do.

ACTIVITY	CALORIES
Leisurely walk	80
Dancing	120
Cycling	160
Running	90
Aerobics	140
Weights	140
Cleaning	50
Driving	35
Swimming	100
Tennis	120
Rowing	200
Golf	45
Circuit Training	260
Skipping	100
Gardening	160
Skiing	130

It is interesting to note that our days resting requirement is 1300 calories for women, and 1600 for men. This is the minimum calories we would need to maintain a healthy weight if we stayed in bed all day!

Examples of Calories Burned by Several Activities

If I spend 15 minutes in the following activities, at my cureent weight of 150 lbs, I burn:

- 18 calories by **kneeling in church/at home & praying**
- 18 calories by **watching television while lying quietly**
- 23 calories by **sitting & reading a book or newspaper**
- 27 calories by **typing, electric, manual, or computer**
- 36 calories by **driving an automobile or light truck (not a semi)**
- 41 calories by **washing dishes - standing**
- 41 calories by **food shopping with or without a grocery cart, standing or walking**
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- 45 calories by **playing the piano**
- 45 calories by **cooking or food preparation - walking**
- 54 calories by **carrying small children**
- 107 calories by **shoveling snow, by hand**
- 116 calories by **horseback riding, trotting**
- 152 calories by **bicycling, BMX or mountain**
- 214 calories by **rope jumping, fast (wow!)**

Type of Exercise	Calories/hour
Sleeping	55
Eating	85
Sewing	85
Knitting	85
Sitting	85
Standing	100
Driving	110
Office Work	140
Housework, moderate	160+
Golf, with trolley	180
Golf, without trolley	240
Gardening, planting	250
Dancing, ballroom	260
Walking, 3mph	280
Table Tennis	290
Gardening, hoeing etc.	350
Tennis	350+
Water Aerobics	400
Skating/blading	420+
Dancing, aerobic	420+
Aerobics	450+
Bicycling, moderate	450+
Jogging, 5mph	500
Gardening, digging	500
Swimming, active	500+
Cross country ski machine	500+
Hiking	500+
Step Aerobics	550+
Rowing	550+
Power Walking	600+
Cycling, studio	650
Squash	650+
Skipping with rope	700+
Running	700+

Remember what ever exercise you choose you must first bear in mind that you to get greater results you have to either workout for longer or increase the intensity of the exercise. Because if you keep doing the same thing you will always get the same results.

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