



**Table of Calories**

Calories Burned per 1 Minute of Activity		
Speed in Miles per Hour	Body Weight	
	125 - 174 pounds	175 - 250 pounds
2 miles per hour	2.9	4.0
2.5 miles per hour	3.5	4.8
3 miles per hour	4.0	5.6
3.5 miles per hour	4.6	6.4
4 miles per hour	5.2	7.2

Borg Rate of Perceived Exertion Scale		
Rating	Description	How you feel and what you can expect
0	Nothing at all	How you feel sitting or standing
1		
2	Weak	
3	Moderate	How you feel when you walk or exercise
4		
5	Strong	How you feel when you really push yourself
6		
7	Very Strong	
8		
9		
10	Extremely Strong	
~		Unable to carry on

**Finding Calories Burned**

1) **Distance** = # of laps x route miles

For example: Distance = 20 laps on green x 0.13 miles = 2.6 miles

2) **Miles per Hour** = (total miles x 60) ÷ time walked in minutes... so if you walked for 65 mins

For example: Miles per Hour = (2.6 x 60) ÷ 65 = 2.4 miles per hour

3) **Calories burned in Exercise...** Find your walking speed in the box above in the appropriate body weight, then multiply that amount of calories by how long you walked!

For example: 2.4 mph and 150 lbs = 3.5 calories x 65 minutes = 228 Calories Burned!

**Pedometer Conversions**

Steps	Km	Miles	Steps	Km	Miles
500	0.40	0.25	5500	4.43	2.75
1000	0.80	0.50	6000	4.83	3.00
1500	1.21	0.75	6500	5.23	3.25
2000	2.61	1.00	7000	5.63	3.50
2500	2.01	1.25	7500	6.03	3.75
3000	2.41	1.50	8000	6.44	4.00
3500	2.82	1.75	8500	6.84	4.25
4000	3.22	2.00	9000	7.24	4.50
4500	3.62	2.25	9500	7.64	4.75
5000	4.02	2.50	10000	8.05	5.00

Source: SA Department of Human Services. '10 Grand Steps' logbook , Commonwealth Department of Health and Aging