



# FIT FACTS

Week of March 21<sup>st</sup>, 2005

## Healthy Living Tip

### Calorie Burners: Activities That Turn Up the Heat

When it comes to burning calories, most of us want to get as much mileage out of our exercise as possible. For many, the more calories we burn, the better we feel about our workout. While energy expenditure should not be the only measure of a good workout (remember, it's good for you and makes you feel pretty good, too), it is helpful to know what a given activity might be costing you in terms of calories.

A word of caution, though, about counting calories. Simply burning more calories will take you only so far down the road to better health. A well-balanced, low-fat diet, plenty of rest and a healthy attitude are also essential. And, of course, all things in moderation — even exercise.

### Reading the chart

The numbers on this chart correspond to how many calories individuals of various weights burn per minute during different activities. Simply multiply this number by how many minutes you perform a given activity. For example, a 160-pound man jogging will burn about 12.4 calories per minute, or 372 calories during a 30- minute jog.

## Radical Recipes

### Warm Mexican Salad

- 1 tbsp canola oil
- 1 cup chopped onion, divided
- 3 cloves garlic, minced
- ½ pound extra lean ground beef
- 1 tbsp chili powder
- ½ tsp cumin
- ½ tsp salt
- 1 cup mild salsa
- 2 cups cooked brown rice
- 1 cup chopped tomato
- 1 tbsp white vinegar
- 4 cups shredded lettuce

In a large skillet, heat the oil over medium-high heat. Add ½ cup of the onion and the garlic and cook, stirring, until the onion is soft. Add the beef and cook, stirring, until browned. Stir in the chili, cumin, and salt. Stir in the salsa and bring to a boil. Reduce heat and simmer 10 minutes. Remove from heat and stir in the rice, tomato, vinegar, and remaining ½ cup onion. Serve on a bed of lettuce.

Activity	Calories/min.	120 lb.	140 lb.	160 lb.	180 lb.
Basketball	7.5	8.8	10.0	11.3	
Bowling	1.2	1.4	1.6	1.9	
Cycling (10 MPH)	5.5	6.4	7.3	8.2	
Dancing (aerobic)	7.4	8.6	9.8	11.1	
Dancing (social)	2.9	3.3	3.7	4.2	
Gardening	5.0	5.9	6.7	7.5	
Golf (pull/carry clubs)	4.6	5.4	6.2	7.0	
Golf (power cart)	2.1	2.5	2.8	3.2	
Hiking	4.5	5.2	6.0	6.7	
Jogging	9.3	10.8	12.4	13.9	
Running	11.4	13.2	15.1	17.0	
Sitting, quietly	1.2	1.3	1.5	1.7	
Skating (ice and roller)	5.9	6.9	7.9	8.8	
Skating (cross country)	7.5	8.8	10.0	11.3	
Skating (water and downhill)	5.7	6.6	7.6	8.5	
Swimming (crawl, moderate pace)	7.8	9.0	10.3	11.6	
Tennis	6.0	6.9	7.9	8.9	
Walking	6.5	7.6	8.7	9.7	
Weight Training	6.6	7.6	8.7	9.8	

There are a few things you should keep in mind as you review this chart. With exercise, it really is true that you get out of it what you put into it. Simply showing up for class and going through the motions isn't going to do you much good. To get the most out of your exercise session, give it your all, even if your all is less than what others might be doing.

And don't forget to look for little ways to increase the number of calories you burn each day. You might be surprised to learn that it is possible to burn more calories simply by becoming more active in your daily life.

Doing things like taking the stairs, walking to the mailbox instead of driving, and doing chores around the house are great ways to burn additional calories.

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## Something to Think About...

You'll probably recall hearing me share about the 90/10 principle for healthy eating. This idea allows healthy people to eat at least 90% nutritious food and the other 10% is other food. If we are eating healthy 90% time, then we can tolerate 10% of "other" food if we want. We need to make sure that we are buying and preparing nutritious foods because the other 10% will come out way without ever having to look for it. If you are having a hard time following the 90/10 principle, then maybe you could try the suggestion that Brun shared with us last week that she heard about. If you are eating healthy 50% of the time, then start to eat healthy 60% of the time. Once you are used to that, increase it to 70%. Keep doing this until you get to 90%. When you take one step at a time, it makes it a lot easier to get to the 90/10.

*The picture *Forgiven* reveals the heart of God toward you. As you look at the painting you see not only Jesus wrapping His arms around a fallen man, you see Him wrapping His arms of mercy around you. Your eyes say, "Jesus is holding a broken sinner." Your heart says, "Jesus is holding me." When you look at the cross you will never need to question if He loves you. He came for you -- He died for you -- He lives for you. What a tremendous price has been paid -- more than all the riches in the entire world. This price was paid so that you could know the joy of being forgiven.*

*ROY JESSON*

*The scene of *Forgiven* is Mt. Calvary. A despairing man has a mallet in one hand and a large spike in the other. Both symbolize that each of us is responsible for Christ's death on the cross. Jesus Christ is holding up this broken man; at Christ's feet are broken chains, representing the sin that was overcome at Calvary. There is a trace of blood on Christ's hands, and in the place where blood has fallen, lilies have grown.*

*Thomas Blackshear III*