



GETTING PHYSICAL WITH CALORIES

MODERATE	APPROXIMATE CALORIES/HOUR
Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking & carrying clubs)	330
Bicycling (< 16 km/hr)	290
Walking (5.5 km/hr)	280
Stretching	180

VIGOROUS	APPROXIMATE CALORIES/HOUR
Running/jogging (8 km/hr)	590
Bicycling (>16 km/hr)	590
Slow freestyle lap swimming	510
Aerobics	480
Walking (7 km/hr)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

HAVING TROUBLE STAYING MOTIVATED? TRY THESE:

- Write your goals down – let them stare you in the face
- Share them with someone supportive to cheer you on
- Be sure they align with who you are and how you live
- Reward yourself as you go on, and at the end
- Learn from the bumps in the road
- Find a good reason for doing something
- Have fun
- Keep track of your progress

NO, NO, NO...THESE ARE JUST EXCUSES!

- I must be perfect
- Everything I do should be effortless
- I'd rather do nothing than fail
- I should have no limitations
- If it's not done right, then it's not worth doing at all
- I don't want to be challenged
- If I succeed, it may hurt someone
- If I succeed this time, I'll have to succeed again
- I can't afford to let go of anyone or anything
- What if people don't like me this way
- Somewhere else is the right answer