

CALORIES BURNED BY WALKING

So, you may have wondered how many calories are burned by just walking, this is the answer...

A BRISK 4MPH WALK: burns about 100 calories per mile...

POWER-WALKING: burns more - about 200 calories per mile...

WALKING SLOWLY: 4 calories per min 240 per hour, 720 for 3 hours...

So to burn off 3500 calories or 1 pound a person would have to walk for about 14 and 1/2 hours...

If a person took to walking 3 hours a day, that would = 21 pounds of weightloss over a one year...