

Info Bites!

- Roller-skating – 450 calories an hour
- Rugby – 700 cal/hr
- Basketball – 500 cal/hr
- Football – 700 cal/hr
- Kickboxing (non-contact) – 570 cal/hr
- Weight training – 400 cal/hr
- 1 hour of Pilates can burn around 275 cal
- 90 minutes at constant pace power walk (4mph) approx 560 cal
- 4 x 20 minute runs over a week can burn up to 900 calories along with improving fitness levels
- A 6 mile run can burn 600 cal – a Big Mac = 576 cal
- An intense weight training session will boost the metabolism for up to two days after the workout
- Laughing for 15 minutes a day can burn enough calories to lose 4lb of fat over the course of a year!
- A chocolate bar, 3 biscuits and 3 glasses of wine each day can add up to at least 900 calories.
- 'Not' eating a 50 calorie biscuit each day could help you lose 5lb (23kg) in a year
- A heaped teaspoon of sugar contains 24 calories. Just by drinking 3 sugared cups of tea or coffee a day you could put on more than 2lb every year
- A 294 cal Mars Bar requires 122 reps 5kg barbell bicep curls to burn off
- 1 Starbucks cappuccino made with whole milk (180cal) = 25 minutes of skipping
- 1 large box of chocolates (2000cal) = 5 hours of running
- 1 glass of Chianti (150cal) = jumping jacks for 20 minutes
- 1 serving of ice cream (250cal) = 45 minutes of circuit training
- Cheesecake (550cal) = 55 minutes kickboxing
- 1 pint tub of Haagen-dazs chocolate ice cream (1080cal) = 2 hours of jumping jacks
- McDonalds meal. Big Mac, fries, apple pie & coke (1370cal) = 60 minutes running on a treadmill at 10% incline @ 10mph.