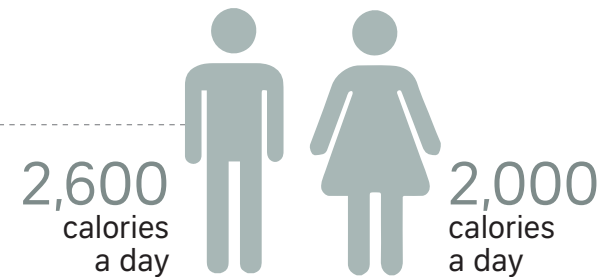












# Burn more calories in an hour

Calories are a measure of how much energy a type of food or drink contains. Factors such as age, levels of physical activity and body size determine the amount of energy one needs. On average, a man needs about 2,600 calories a day while a woman needs about 2,000 calories a day. When you eat and drink more calories than you are burning, you will gain weight. Aerobic activities such as cycling and swimming are the most effective way to burn calories.



|   |  Ironing |  Hatha yoga |  Vacuuming |  Walking (casual pace) |  Gardening |  Weight training |  Badminton |  Swimming (leisurely) |  Jogging |  Cycling |
|---|---|--|---|---|---|---|---|--|---|---|
| Calories burned by a 50kg person in an hour | 90  | 125  | 165   | 175   | 190   | 250   | 275   | 300  | 350   | 375   |
| Calories burned by a 65kg person in an hour | 117   | 163  | 215   | 228   | 247   | 325   | 358   | 390  | 455   | 488   |