

Mayo Clinic Minute

Burn calories without burning out on exercise

VIDEO	AUDIO
Graphic: 160 pounds Brisk walking 277 calories 3.5 mph pace	A 160-pound person walking briskly for an hour can burn as many as 277 calories ...
Graphic: Biking 292 calories	... biking for an hour, 292 ...
Graphic: Running 986 calories	... and running for an hour, 986.
	<i>Sound of running shoes on a gravel road</i>
	But here's the rub about the burn.
	I've just had too many patients who tried too hard to start with. They became discouraged. They got injured.
.	Mayo Clinic endocrinologist Dr. Michael Jensen says, if you're trying to shed pounds, start by cutting extra, unnecessary calories from your diet.
Title: MICHAEL JENSEN, M.D. ENDOCRINOLOGY Mayo Clinic	Having an immediate change in eating habits, and, then, gradually increasing your physical activity until you have a comfortable active lifestyle is probably the best combination.
Graphic: Eat less Burn more	Step 1: Eat a little less. Step 2: Start a slow burn.
Graphic: Slower walking 183 calories 3.5 mph pace	Instead of that brisk hour-long walk, ease up. Even walking at a 2 mph pace, you could burn 183 calories an hour.
	Build up your endurance. Build up your strength.

	And, then, you can add more as times goes on.
	In this case, slow and steady can win the race.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.