

Keeping the Balance

Name _____

Everything you do, even sleeping and growing, requires your body to use calories.

Almost everything you eat or drink, except water, contains calories.



Activity	Calories used in 1/2 hour by a 100 lb (45 kg) person
bike riding	93
running	183
swimming	150
resting/sitting	40
walking	81

Answer the following questions, assuming that you weigh 100 pounds (45 kg).

1. How many calories would you use watching television from 4:00 to 6:30 p.m.?

2. If you rode your bike for an hour compared to watching TV for an hour . . .

How many more calories would you use in that hour? _____

How many extra calories would you use over a week if you substituted an hour of bike riding for an hour of TV watching each day? _____

How about for a month (30 days)? _____

3. Jason spends the day in school and then takes the bus home. He fixes himself a snack (usually chips and a soda) and then does his homework. After dinner, Jason is allowed 1 1/2 hours of television or video games. He sometimes reads a book or calls and text messages his friends. Jason is a little overweight. What can he do to improve his weight and overall health?

4. How many calories would you use if you ran laps around the playground for 10 minutes and then rode your bicycle home for 10 minutes?

5. Extra credit: Assume that you weigh 100 pounds (45 kg). How many calories would you use walking 20 minutes to your friend's house and 20 minutes back home each day?

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