

# PrescriptionPLUS Lifestyle Program

## EXERCISE

### Calories Burned When You Walk



	Weight						
	120	140	160	180	200	240	280
Walk at an easy pace for 10 minutes..	38 calories	45 calories	51 calories	58 calories	64 calories	77 calories	90 calories
Walk at an easy pace for 15 minutes...	58	67	77	86	96	115	134
Walk at an easy pace for 30 minutes...	115	135	153	173	192	230	270
Walk for 30 minutes covering 1½ miles...	128	149	170	192	213	256	298
Walk for 30 minutes covering 2 miles..	164	191	218	245	273	328	382
Walk for 45 minutes covering 3 miles...	246	287	328	345	410	491	573
Walk for 60 minutes covering 4 miles...	328	382	437	460	546	655	764



**ADIPEX-P<sup>®</sup> C<sup>IV</sup>**  
(phentermine HCl 37.5 mg)

GATE PHARMACEUTICALS  
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## CALORIC ACTIVITY CHART

Average caloric expenditure for various activities — 10 minutes

### Body Weight (pounds)

	125	150	175	200
<b>Locomotion</b>				
Walking downstairs	56	67	78	88
Walking upstairs	146	175	202	229
Walking — 2 mph	29	35	40	46
Walking — 4 mph	52	62	72	81
Cycling — 5.5 mph	42	50	58	67
<b>Housework</b>				
Making beds	32	39	46	52
Washing windows	35	42	48	54
Dusting	22	27	31	35
Preparing a meal	32	39	46	52
Light gardening	30	36	42	47
Mowing grass (power)	34	41	47	53
House painting	29	35	40	46
<b>Recreation</b>				
Badminton	43	52	65	75
Bowling	56	67	78	90
Canoeing — 4 mph	90	109	128	146
Dancing (moderate)	35	42	48	55
Golfing	33	40	48	55
Ping-Pong	32	38	45	52
Swimming	32	38	45	52
(Backstroke, 20 yd/min)				
Swimming	40	48	56	63
(Crawl, 20 yd/min)				

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