

Walking for weight loss



Do not underestimate walking as a means of losing weight. Very frequently during training, people do not know and the exercises do not notice. In fact, it is very effective.

Any kind of walking is always energy expenditure, which necessarily leads to losing weight. The only question is how many calories are burned in the process of such a sport. This factor also depends on such factors as initial weight and speed.

For 1 kg of weight for an hour it spent:

in the average tempo (2-4 km / h) - 320 kcal

at a fast pace (5-7 km / h) - 445 kcal

at a very fast pace, almost running (9-10 km / h) - 500 kcal

In order not to make complex calculations yourself, you can use the following table:

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