

How To Burn 500 Calories A Day Walking

FitActiveLiving.com

Steps to Burn 500 Calories a Day

Step 1: Warm Up

Step 2: Get To Your Target Heart Rate (See Below Chart)

Step 3: Keep Up The Pace - Stay at Your Target Heart Rate

For The Desired Time (See Time Walking/Calories Burned Chart)

Step 4: Cool Down

Note: To Burn 500 Calories, the Average Adult Will Need to Walk a Total of **90 Minutes** per Day. **You Can Do It!!**

Target Heart Rate Chart			
Age	Target HR (BPM) 50% of max	Target HR (BPM) 85% of max	Max HR (BPM)
20	100	170	200
30	95	162	190
40	90	153	180
50	85	145	170
60	80	136	160
70	75	128	150

Note: Goal is to get heart rate to 50-85% of your Max heart rate.

Time Walking & Calories Burned	
Time (minutes)	Calories
1	6
15	85
30	170
45	225
60	340
90	510
120	680

Note: Before starting any training program, be sure to check with your doctor if you have health issues such as heart problems, asthma, high blood pressure or diabetes.