

Walking for weight loss



Do not underestimate walking as a means of losing weight only because during training, sweat does not flow and the muscles do not ache. In fact, it is very effective.

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

For 1 kg of weight for an hour is spent:

in the average tempo (3-4 km / h) - 3.2 kcal;

at a fast rate (6-7 km / h) - 4.5 kcal;

at a very fast pace, almost running (8-9 km / h) - 10 kcal.

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

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George Chrystal



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International Conference on Movement, Health and Exercise Fatimah Ibrahim,Jadeera Phaik Geok Cheong,Juliana Usman,Mohd Yazed Ahmad,Rizal Razman,Victor S Selvanayagam,2017-01-20 This volume presents the proceedings of the 3rd International Conference on Movement Health and Exercise 2016 MoHE2016 The conference was jointly organized by the Biomedical Engineering Department and Sports Centre University of Malaya It was held in Malacca from 28 30 September 2016 MoHE 2016 provided a good opportunity for speakers and participants to actively discuss about recent developments in a wide range of topics in the area of sports and exercise science In total 83 presenters and 140 participants took part in this successful conference *Physical Management for Neurological Conditions E-Book* Sheila Lennon,Gita Ramdharry,Geert Verheyden,2018-07-28 The second edition of the Neurological Physiotherapy Pocketbook is the only book for physiotherapists that provides essential evidence based information in a unique and easy to use format applicable to clinical settings Written by new international editors and contributors this pocketbook provides quick and easy access to essential clinical information Comprehensive and handy reference on physical management and movement limitations suitable to any health care context and environment Use of eclectic approach which focuses on selecting the appropriate evidence based tools to assess and treat neurological conditions without subscribing to any specific treatment approaches International case studies are presented to provide worldwide scientific evidence Fully revised by international contributors with the inclusion of 8 new chapters covering Common impairments Inherited neurological disorders Complex case management Virtual reality and interactive gaming technologies **Stochastic Calculus and Financial Applications** J.

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