



See how long it will take, doing your favorite activities.

If you expend 500 more calories than you consume each day, you'll drop a pound a week. Not a bad return on your exercise investment. Here, how long it will take, doing your favorite activities, to hit the magic number.

Activity	Time to burn 500 calories
Golf	1 hour, 45 minutes
Race-walking (4.5 mph)	1 hour, 10 minutes
High-impact aerobics	1 hour, 5 minutes
Rowing	55 minutes
Jumping rope	45 minutes
Running (6 mph)	45 minutes
Group cycling	45 minutes
Rock climbing	40 minutes
Boxing	40 minutes
Elliptical trainer	40 minutes