**I want to burn more calories!**

Are you most interested in the ‘calories burned’ number, then other numbers after your workouts? The calories burned always seem so low, compared to the energy and effort that you felt like you just gave to that workout. Do you get discouraged that they don’t seem to match?  
  
Let’s discuss a little about what makes up the calorie expenditure during any exercise session, because two people performing the exact exercise for the exact amount of time will burn calories at different rates. Calories burned during exercise are affected by body weight, intensity levels, conditioning levels, metabolism, and diet. Each one of us, have different levels of each of these. That’s why the calories that I burn will differ from the calories that you burn.  
  
Body weight. What your body weight is made of plays a lot in the calorie burning equation. Muscle versus fat, makes the biggest difference in caloric expenditure throughout your entire day, not just during exercise. If you are more muscular, you will burn more calories. Muscles burn more calories than fat because muscles are vascular and require energy (calories to burn) to function; therefore, leaner individuals naturally burn more calories during exercise and daily activities. That is why, once you are lean (and mean) it’s easier for you to keep off the excess body fat.  
  
Body weight consisting of mostly adipose tissue (fat) is detrimental to your health. Dietary calories are not being used properly and are constantly being stored and stored and stored. The extra body weight from fat is very harmful to your bones and organs and it’s heavy to move around, which taxes all your health systems.  
  
Intensity levels. Working out at higher and/or harder intensity levels will burn more calories. So, walking next to someone who has added some incline and/or is walking at a faster pace will burn more calories during a similar exercise session. Lifting heavier weights or doing more sets will burn more calories.  
  
Conditioning levels. Those who are bettered conditioned will naturally burn calories smarter. Conditioning results in your body being more efficient and effective with utilizing dietary and stored calories as sources of energy. Individuals who are better conditioned also tend to be leaner, which also burns calories more efficiently.  
  
Metabolism. The higher metabolism that you have the more calories that you burn all the time. Men burn calories faster and easier than women because of their higher muscle mass. Metabolism has some genetic influence as well. Those who were lucky enough to be born with faster metabolisms will burn more calories. Aging slows down metabolism, that’s why it gets harder and harder to reduce weight and keep it off as you get older.  
  
Diet. Diet is huge in the energy equation for caloric expenditure. There are good calories, bad calories and very bad calories. Your body needs, desperately needs, good calories that contain the kind of energy sources that the body can burn and utilize properly. Simple carbohydrates, useless high caloric foods/drinks, huge meals, poor nutritional choices are easily stored in your body as fat cells instead of properly converted into energy to be used throughout your day.  
  
Just for the kicks of it, here is a chart showing calories expenditure over an hour’s time. Remember that many exercises cannot be maintained for a steady hour and all the above-mentioned factors into your true calorie burning capabilities.  
  
Activity (1hour)...................130 lbs.....155 lbs.....190lbs......(Body Weight)  
Aerobics (moderate)................143.........493.........604  
Backpacking .......................413.........493.........604  
Cycling 10 mph....................236.........281.........345  
Cycling 20 mph ...................944.........1126.........1380  
Bowling ...........................177.........211.........259  
Circuit Training...................472.........563.........690  
Cleaning (House general)...........207.........246.........302  
Fishing (from riverbank, standing).207.........246.........302  
Fishing (in stream, in waders).....354.........422.........518  
Golf (general).....................236.........281.........345  
Jogging............................413.........493.........604  
Rock Climbing......................649.........774.........949  
Rowing (Moderate effort)...........413.........493.........604  
Running (10 min mile)..............590.........704.........863  
Shoveling snow (by hand)...........345.........422.........518  
Skiing (cross-country, moderate)...472.........563.........690  
Skiing (down hill, moderate).......354.........422.........518  
Snow Shoeing.......................472.........563.........690  
Stretching (hatha yoga)............236.........381.........345  
Swimming (laps, freestyle).........472.........563 .........690  
Walking (3.5 mph)..................354.........422.........518  
Weightlifting (light/moderate).....177.........211.........259