

RUNNING SHORTS

Finding the right exercise mix to lose weight

By Darren Grant

One reason many people run is to keep their weight under control, or to help them lose weight.

It does help. A 200-lb. person uses 150 calories for each mile they run, and even better, the speed doesn't really matter.

But, truth be told, walking is almost as good. That same person would use 100 calories to walk one mile. Running uses more than twice as many calories per *minute*, but not per *mile*. It's really a time-efficient way to burn calories.

If you aren't short on time, then you can mix running, bicycling, and walking together to get the mix that is right for you. The rule of thumb is that running one mile uses as many calories as walking two or bicycling three. The exact number of calories used depends on your age, gender, and, especially, your weight. You can get a good estimate using any number of "calories burned" calculators online.

I mix all three activities. I run every third day—that is all my legs allow. On the other days, when the weather is nice, I bike to work and back, and that counts as my exercise. Otherwise I take a walk. I get a little exercise every day.

Each day I count the calories burned, and add it to my quota of 2000 calories. A four-mile run uses over 500 calories, which equals a really nice dessert! A light walk, not so much. Altogether, this method is simple, easy to use, and effective.

Simplicity is key, because we all know that the hardest part of managing our weight is persistence. Exercise is best for weight control when you enjoy what you are doing and can track its effect, because then it's easy to stick with it. If you stick with it, the weight loss will come.

(Ken Johnson compiles the "Recent Race Results" section of this column. Please send your race results to him at 1941runner@sbcglobal.net.)

Recent race results:

Austin Marathon (26.2 miles), Feb. 18

Joshua Francis, 37	4:06:36
Melissa Moore, 24	4:51:27

Galveston Half Marathon (13.1 miles), Feb. 18

Payton Peters, 23	2:55:15
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Love.Run Trail Run, Huntsville State Park, Feb. 17

Half Marathon

Jose Moreno, 56	1:58:21
Amy Shafer, 39	2:23:09
Lin Salmon, 63	2:56:36
Ken Johnson, 76	3:42:02

10K (6.2 miles)

Anthony Turner, 35	54:29
Lilly Garza, 25	59:19

David Keithley, 36	1:07:04
Kori King, 20	1:07:10
Chris deMilliano, 41	1:07:41
Emily deMilliano, 38	1:07:42
Shannon Ramsey, 48	1:08:49
Misty Lampson, 45	1:12:53
Connie Mathis, 46	1:12:53
Ann Love, 42	1:13:13
Shanna House, 37	1:15:37
April Payne, 38	1:15:37
Delynda Chick, 44	1:21:44
Michelle Johnson, 39	1:34:24
John Hendricks, 39	1:39:49
Janette Roesler, 48	1:39:57
Sabrina Hendricks, 38	1:39:57
Judy Oliver, 59	2:03:36
Will Oliver, 50	2:03:48

Law Week 8K (5 miles), Houston, Feb. 17

Dan Byrne, 59 32:24

Miles for Meals 5K (3.1 miles), Conroe, Feb. 17

David Leggett, 31	26:29
Troy Coats, 45	27:47
Carissa Ferguson, 23	29:29
Keith Ahee, 29	30:03
Nicole Niebuhr, 27	36:17
Cindy Pate, 57	42:37
Callie Rice, 30	54:03

Rocky Raccoon 50K (31 miles), Huntsville State Park, Feb. 10

Gretchen Dixon, 40 6:19:10

Kilgore to Longview Run, 11 Miles, Feb. 10

Ken Johnson, 76 2:35:06

Upcoming races in Huntsville:

February 24 – Sweetheart 5K & 1-Mile, SHSU campus

March 18 – Run the Trails, 3 Miles, Huntsville State Park

For more information about these races and others in the area, visit the Seven Hills Running Club website at <http://www.7hills.us> and click on Race Schedule.

