



Lose 0.5 kg per month with a minimal effort



# JANUARY

## - CALORIE BURN

The average Dane gains about half a kilo during Christmas. You can burn that extra half kilo just by being a little more active during your workday.

You only need to burn 160 extra kcal daily at work. Then you have lost half a kilo in a month. In one year, that will result in 6 kg of fat loss.

In the tables below you can see how much you burn during each activity.

Table 1: Calories burned by lying, sitting, standing and walking for one hour

	60 kg	70 kg	80 kg	90 kg	100 kg
Lie still	60	70	80	90	100
Sit still	78	91	104	117	130
Stand still	108	126	144	162	180
Walking below 3 km/h	120	140	160	180	200
Walking between 3-3,5 km/h	168	196	224	252	280
Walking 4 km/h	180	210	240	270	300

Table 2: Calories burned\* by cycling 5, 10, 20 or 30 km respectively

	60 kg	70 kg	80 kg	90 kg	100 kg
5 km	99	116	132	149	166
10 km	198	231	264	297	332
20 km	396	462	528	594	664
30 km	594	639	792	891	996

\*This is combustion above the normal combustion that occurs when we lie still (see Table 1)