

# Lift-Off!'s Run-A-Thon Challenge



Running is a great way to burn extra calories and keep yourself fit. This month, Lift-Off! has a running challenge for you that you can do right at home! How? Because you'll be running in place!

"Calorie" is a word for food energy, and the more calories you eat, the more food energy you are getting. But when you eat more calories than you need for your level of activity, it gets stored as fat. This causes you to gain weight which can be unhealthy. But if you stay active, you'll use those calories faster and stay in great shape.



## So let's get started...

### **STEP 1**

Find a place in your house where you can move around easily.

### **STEP 2**

Put on a comfortable pair of sneakers and athletic clothing. Be sure you have some cold water to drink!

### **STEP 3**

Get ready, get set, GO! Start running in place and time how long you run.

### **STEP 4**

Use the following chart to determine how many calories you have burned! Find your weight and how long you "ran." That is how many calories you have burned!

	5 minutes	10 minutes	15 minutes	20 minutes	25 minutes	30 minutes
40 lbs.	13 calories	27 calories	43 calories	57 calories	72 calories	86 calories
50 lbs.	17 calories	36 calories	54 calories	71 calories	91 calories	108 calories
60 lbs.	20 calories	44 calories	65 calories	85 calories	109 calories	130 calories
70 lbs.	24 calories	51 calories	75 calories	100 calories	127 calories	151 calories
80 lbs.	27 calories	58 calories	86 calories	114 calories	145 calories	173 calories
90 lbs.	31 calories	66 calories	97 calories	128 calories	163 calories	195 calories
100 lbs.	34 calories	73 calories	108 calories	143 calories	182 calories	216 calories

*Calculations from the National Association for Health & Fitness*

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#### STEP 4

Fill in the following chart with how many calories you burned each day for two weeks! See if you can increase the amount of time you run in place as you go along! By the end of two weeks you'll find yourself running longer and without as much effort, all the while preventing the build up of fat in your body! You can also run in place to burn fat you already have!

DAY	TIME RAN	CALORIES BURNED
1	___ minutes	___ calories
2	___ minutes	___ calories
3	___ minutes	___ calories
4	___ minutes	___ calories
5	___ minutes	___ calories
6	___ minutes	___ calories
7	___ minutes	___ calories
8	___ minutes	___ calories
9	___ minutes	___ calories
10	___ minutes	___ calories
11	___ minutes	___ calories
12	___ minutes	___ calories
13	___ minutes	___ calories
14	___ minutes	___ calories
<b>TOTAL:</b>	___ <b>minutes</b>	___ <b>calories</b>

For every 3,500 calories you burn, you burn 1 pound of fat! How many pounds of fat did you burn? Here is how you figure out:

Your Total Calories Burned: \_\_\_\_\_

÷ 3,500

Equals: \_\_\_\_\_ lbs.



**I burned \_\_\_\_\_ calories  
and \_\_\_\_\_ pounds of fat!**

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Grade: \_\_\_\_\_

**LIFT-OFF!**