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## Walking

*Burn Calories With Slow Walking*

## Good News for Slow Walkers

### Stroll away extra weight

By [Marianne McGinnis](#) , Marianne McGinnis is a former *Prevention* associate editor.

Easy [exercise](#) and slow [walking](#) burns [calories](#)--and [sheds pounds](#)--as effectively as a high-intensity [workout](#), a University of Pittsburgh study says.

Experts tracked 201 [overweight](#) women, ages 21 to 45, for 1 year. Some walked off 1,000 [calories](#) per week; others, 2,000. In each group, some women ambled along comfortably, taking longer to reach their goal; others maintained a bristling, nearly breathless pace.

Ultimately, everybody in the 1,000-calorie group lost an average of 13 pounds regardless of [walking](#) speed; those in the 2,000-calorie group shed about 20 pounds--again, regardless of [exercise](#) pace.

Mantra for slow walkers: *I'm burning [calories](#), I'm burning [calories](#).* You know the catch--it's just gonna take longer.

ACTIVITY	MINUTES*
Step <a href="#">aerobics</a> , 10- to 12-inch step	30
Stationary bike, moderate effort	45
Swimming laps	45
Tennis	45
Trail hiking	50
Mowing the lawn	55
Golf, <a href="#">walking</a> and carrying bags	70
Moderate walking, 3 mph	90

\*Based on a 150-pound woman