



# BROOKLYN\_BORN

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## Minutes Needed to Burn Off ONE Chocolate Chip Cookie

Friday, December 09, 2016

Yes, tis the season when cookies are everywhere  
 Yes, people tend to overindulge  
 No, I rarely stop at just one, although I admire those who can just "have a taste"  
 No, my active lifestyle and love of fitness activities will NOT allow me to balance an overindulgence of food. Not easily.

So, my data driven mind calculated the title of this blog.  
 Calories Burned vs Time and Effort Needed

My medium size chocolate chip cookie contains 105 calories.  
 My calories burned are based on 135 pounds

To burn off that 105 calories (one cookie), here are my options

I can walk (a favorite activity)  
 3.0 mph (20 min mile) - I need 31 minutes to balance ONE cookie  
 3.8 mph (16 min mile) - I need 26 minutes  
 My pace of choice?  
 4.0 mph (15 min mile) - I need 24.4 minutes  
 Maybe I should push harder?  
 4.3 mph (14 min mile) - I need 23.3 minutes (Push and save 1 whole minute?)  
 My max walking pace?  
 4.6 mph (13 min mile) - 21.9 minutes - Yikes!  
 If I could keep it up, it would not be a pleasant walk.

I like to run too. Let's calculate that.  
 5.5 mph (11 min mile) - Oh, that's 12 minutes to balance ONE cookie.  
 Hmm, an easy run takes half the time as my near max walking pace.  
 It must be the effort to haul my rear end off the ground.  
 6.0 mph (10 min mile) - I still need 11 minutes  
 My max running pace?  
 6.7 mph (9 min mile) - 9 minutes of this needed, but this is my "anti mugger speed" something I only do in interval training.

Well, maybe I have a LOT of muscle which burns more calories than fat, right?  
 According to WebMd  
 "10 pounds of muscle would burn 50 calories in a day spent at rest, while 10 pounds of fat would burn 20 calories"  
 Is that all??

So much for that excuse I used to tell myself in my pre-Spark overeating days.

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So what have I learned?

What I knew all along! I can NOT outrun my fork (or finger food either)

Thanks to Watermellen whose recent blog prompted my thoughts and calculations

The Most Important Exercise

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Also, if I'm typing, I'm not eating!

Don't want to get crumbs on the keyboard!

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**LIVEDAILY**



No wonder we gained weight over the holidays!! My mother would spend the month before the holidays baking: tollhouse cookies, pecan tarts, Russian hazelnut cookies, peanut butter cookies, shortbread with a Hershey's kiss in the center cookies, almond cookies, and a couple of other ones I can't remember. She would put a platter of cookies out every night after dinner. Needless to say, I do not carry on this tradition. It's just my husband and myself, and neither of us need cookies to be in the house!! lol I do have very fond memories of that cookie platter though!

1639 days ago



**1STBUCKETITEM**



**Well Said!**

Your calculations are definitely persuasive... thanks for the interesting and adept perspective!

1640 days ago



**BBEAGAN**



Good math! Though I also think for me regular exercise especially with a goal in mind, helps me stay strong around not eating that cookie... I may not be able to walk it off, but walking reminds me my body is for other things, besides eating!

1641 days ago



**ALICIA363**

Brilliant!

**THANK YOU!**

1642 days ago



**WATERMELLEN**

Love those calculations!! And your description of "anti-mugger" pace!!

It helps to know that I'm NOT the only one who can't eat whatever I want . . .

1642 days ago



**SPEDED2**

Better appreciate that cookie!! It comes with a high price.

1642 days ago



**ELAINEB1972**

**Well Said!**

1643 days ago



**KRISZTA11**

Great reminder, thank you for sharing!





1643 days ago



**SUNNYBEACHGIRL**

I love it. I cannot out run my fork  
1643 days ago



**PHEBESS**

Yeah, I need to keep reminding myself of this.  
1643 days ago



**DOVESEYES**

He he it took me along time to get this " I can NOT outrun my fork"



1643 days ago



**ONEKIDSMOM**

Crumbs and GREASY FINGERPRINTS on the keyboard if typing while eating cookies!  
Ewwww!

Well thought through and a great motivation to push away the treat-pushers! Happy Holidays!



1643 days ago



**SYLPHINPROGRESS**

No, no, no! In my neighborhood, the number of minutes needed to burn off one chocolate chip cookie is equal to the number of chips in the cookie.



1643 days ago



**TUTUNAN**

I guess that cookie isn't worth it!  
1643 days ago



**DR1939**

Good reminder.  
1643 days ago



**PRNCSCUP1-2FULL**

I don't eat at my keyboard either! Lck! I adore your data driven mind and the info it has provided everyone here in Sparkland! I have to say though.... On occasion and not every single day, but on occasion, it is worth the effort to eat 1 cookie. I can stop at one, thank goodness! And, I savor it and eat it in tiny bites to make it last longer! But, nope, we can't outrun our forks or fingers! And, I finally learned I cannot exercise away a bad diet!

1643 days ago



**NANASUEH**

**Well Said!** Thanks for the info to keep us on the straight and narrow.  
1643 days ago



**MARYJEANSL**

What depressing information! Not that it surprised me really. I need to keep all the goodies out of my house. Not an easy thing to do this time of year. :-(  
1643 days ago



**KBSPARKY**

I was really reluctant to read this as I knew the facts in it would have consequences for me.... have to own up to what those cookies really mean for my diet and goals. : )  
1643 days ago



**MORTICIAADDAMS**

I am trying to keep it under control and use portion control and carb and calorie control.  
1643 days ago





**PHOENIX1949**

Putting things in perspective is a good thing.  
1643 days ago



**PEGGYO**

1643 days ago



**SMILINGEYES2**

Great reminder for all of us that one treat may not hurt our efforts but if leads to devouring

more because it is a trigger food for us, it can have devastating impact.  
1643 days ago

Well Said!



**DRBARNETT**

Thanks for the reminder we can't out exercise a bad diet  
1643 days ago



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