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Minutes Needed to Burn Off ONE Chocolate Chip Cookie

START

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 www.sparkpeople.com/mypa ge public journal individu al.asp?blog_id=6277040 Also, if I'm typing, I'm not eating! Don't want to get crumbs on the keyboard! Edit Blog Entry | Delete Blog Entry **Share This Post With Others** Report Inappropriate Blog

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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





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!

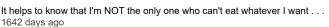


1642 days ago



WATERMELLEN

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





SPEDED2

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





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ELAINEB1972

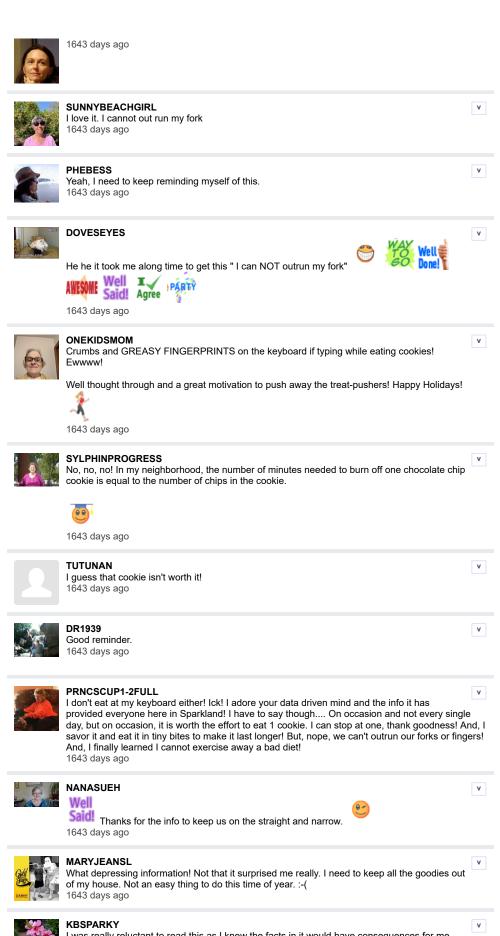
Well Said!

1643 days ago

KRISZTA11

Great reminder, thank you for sharing!







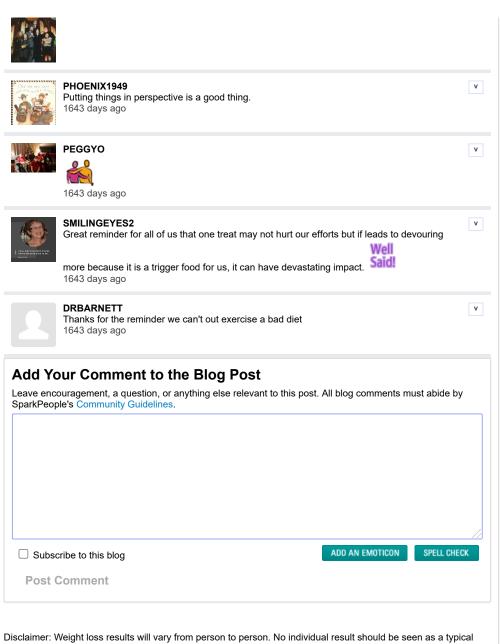


I was really reluctant to read this as I knew the facts in it would have consequences for me.... have to own up to what those cookies really mean for my diet and goals. :) 1643 days ago

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MORTICIAADDAMS

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



result of following the SparkPeople program.