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Calories per Distance by [Robert](#)

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The biggest problem in losing weight is when you don't know how much weight you're losing in a given time. Losing weight also involves your choice or free will and it really depends on how long and how far you will choose to jog or run in order to get those extra fats off of your body. Speaking of which you may choose to jog or run a few hundred feet, meters, yards or a couple of kilometers or miles. What you need to know though is that you do indeed burn some calories the farther you run or jog.

For instance running or jogging for 1 mile will help you burn approximately 100 calories, that's the equivalent of 11 grams of fat or a light snack on your everyday food intake. 1 mile is actually 1.609 kilometers or 5,280 feet and in case you wish to convert the numbers in order for you to know which unit of length you'll be comfortable with, just check out some of those online conversion tools and type in the numbers in the appropriate fields. Going back to the topic, 100 calories per day (assuming now you will run 1 mile everyday) will help you lose 330 grams of fat in 1 month. That's 0.66 pounds taken off of your total weight and after 6 months' time you will have only put down 3.96 pounds of fat. Now if you're 20 - 30 pounds out of your ideal weight, it will take you years to really see some changes in your body.

It will take you about 20 minutes to cover a full mile of length while running, now if you can spare 2 hours each day on jogging then you should be able to burn more than 500 calories. That's equivalent to running 5 miles per day, which should help you put off about 21.78 pounds of fat after 6 months. Notice the big difference if you put in more time and distance in your daily exercise?

Now imagine running 52,800 feet every day, you'll lose more than 20 pounds in 3 months' time! However, exercise isn't the only factor in losing weight because you'll have to consider how much calories you eat per day as well. You'll need to precisely calculate a 2 to 1 ratio in terms of exercise versus eating your meals, otherwise you won't be able to see the results that I've mentioned above. So for every 100 calories you eat make sure that you run 3.218 kilometers for it, it would be great if you record everything that way you'll know for sure.

The best way to do this is to do it gradually. You can start out running a mile per day and then just increase the distance alternately like every 2 to 3 days until your body can handle the stress of running 10 miles each day. Even though it may sound very difficult it's actually very easy to ease in and adapt to it and it can be done in less than a month's time as well.

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