

Exercise and Nutrition – Find out about the best exercise to burn calories

Now, a Health Minute.

What are the best exercises to burn calories? If you want to burn the most calories, lace up your sneakers and go for a run. Running even at a slow pace for 30 minutes burns 206 calories. Swimming for 30 minutes burns 180 calories.

Walking is also a great way to burn calories. Walking at a moderate pace for a half hour burns about 120 calories. Count the steps you take with a smart watch or fitness band and aim to reach 10,000 each day.

Whether you choose biking, basketball, yoga, or another form of activity – the trick is to do it. The more active you are the more calories you will burn. Choose an activity you enjoy and make it part of your daily routine.