

How Many Calories You Burn From Walking

If you weigh between 120-140 pounds...

Walking at a Moderate Pace (3 mph):

- 15 min.: 50 calories
- 30 min.: 100 calories
- 1 hour: 200 calories

Walking at a Fast Pace (4-5 mph):

- 15 min.: 95 calories
- 30 min.: 185 calories
- 1 hour: 370 calories

Walking Uphill (3.5 mph)

- 15 min.: 90 calories
- 30 min.: 180 calories
- 1 hour: 355 calories

Walking Up Stairs (3 mph):

- 15 min.: 120 calories
- 30 min.: 240 calories
- 1 hour: 275 calories

Walking Downhill (2.5 mph):

- 15 min.: 40 calories
- 30 min.: 85 calories
- 1 hour: 165 calories

If you weigh between 140-160 pounds...

Walking at a Moderate Pace (3 mph):

- 15 min.:** 60 calories
- 30 min.:** 112 calories
- 1 hour:** 225 calories

Walking at a Fast Pace (4-5 mph):

- 15 min.:** 100 calories
- 30 min.:** 214 calories
- 1 hour:** 430 calories

Walking Uphill (3.5 mph):

- 15 min.:** 102 calories
- 30 min.:** 204 calories
- 1 hour:** 408 calories

Walking Up Stairs (3 mph):

- 15 min.:** 130 calories
- 30 min.:** 275 calories
- 1 hour:** 545 calories

Walking Downhill (2.5 mph):

- 15 min.:** 50 calories
- 30 min.:** 95 calories
- 1 hour:** 190 calories

If you weigh between 160-180 pounds...

Walking at a Moderate Pace (3 mph):

- 15 min.:** 65 calories
- 30 min.:** 127 calories
- 1 hour:** 255 calories

Walking at a Fast Pace (4-5 mph):

- 15 min.:** 120 calories
- 30 min.:** 245 calories
- 1 hour:** 485 calories

Walking Uphill (3.5 mph):

- 15 min.:** 115 calories
- 30 min.:** 230 calories
- 1 hour:** 465 calories

Walking Up Stairs (3 mph):

- 15 min.:** 155 calories
- 30 min.:** 310 calories
- 1 hour:** 620 calories

Walking Downhill (2.5 mph):

- 15 min.:** 54 calories
- 30 min.:** 110 calories
- 1 hour:** 215 calories

HOW TO TAKE YOUR WALK UP A NOTCH

Want to *really* [feel the burn](#) on your next walk? Here are some easy ways to add a little oomph to your step.

1. Add Some Weights

Whether they're on your ankles or in your hands, adding weight to your walk can help you drop pounds. (And see some definition in those [arms](#) of yours!)

2. Add Intervals, Hills, and Stairs

If you're bored with your pace, switch things up by [adding intervals](#). For instance, alternate one minute of fast walking with two minutes of moderately paced walking. If you really want to sweat, add some hills and stairs into your routine, too. Let's just say your walk won't be boring anymore.

3. Challenge Yourself

Have a [fitness tracker](#)? Each time you go on a walk, try beating the number of steps you had previously. You'll be setting records in no time.

4. Give Yourself an Arm and Booty Break

OK, it's not much of a break. But if you want to see full-body results, take a breather halfway through your workout to do some [squats](#), lunges, [planks](#), and push-ups.

Source: Dr. Oz, *The Good Life*