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One chocolate chip cookie per mile.

Info

Wednesday, April 03, 2013

I know that many of you wear a fitbit or other devices for calculating calories burned. That's something I want to know too so I use the SP fitness tracker to get an estimate of how I'm doing. I understand that it's just an estimate.

The treadmill at the gym doesn't take pace or elevation into consideration. It records the same number of calories per mile whether I'm walking or running or whether the incline is 0 or I'm mimicking an attack on Mt Everest

The default is for a 150 lb man and I never bother to enter my gender or weight. I just figure that my calories are somewhat less than what shows up on the summary display.

I prefer to synchronize my activity with food. So to me each mile is equivalent to one chocolate chip cookie (and not the BIG cookies either).

This works in reverse as well. When I'm tempted to grab a cookie (or two or more), I instinctively think one, two (or five?) miles will get rid of this. Hmm, how much do I really want it? Sometimes, I'll eat it (them) anyway, but at least I'm doing it with my eyes wide open.

Although it's only an estimate this helps me avoid the trap of "I can eat this since I worked out today"

Edit:

Watermellen and I are on the same wavelength. I just read her blog entry

"How far would I have to walk to burn it off?"

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KELLIEBEAN

I've been working on my sweet tooth lately. I will keep this thought in mind (just read the other blog) when I'm tempted.

Thanks 2991 days ago



DEBBY4576

It certainly helps to realize how one cookie can be as many calories as we just burned in a 20 workout on the treadmill. I'm gonna borrow your way of thinking. 2993 days ago





WILSONWR

That's a great strategy for avoiding that cookie! 2993 days ago



WATERMELLEN

We sure are on the same page (and not for the first time!) Thanks for the shout out! When I went back to school I started every day by clocking in at the gym on a bike which made it possible to compete against a person of designated age and sex: I always competed against a 25 year old male (and often "beat" him!!) since in my view the sexist program of study I was taking (law) was quite definitely geared towards the male!! Just a private revenge fantasy. And I'm so conscious know of the elliptical calorie burn and how much effort it really takes to vanquish even 50 calories!! Helps motivate me absolutely.

2993 days ago



CD8737775

I love this idea! I've been struggling for far too long with my sugar addiction - this type of reward system could help me break the 'eat some sugar every day' cycle. A cookie every mile, though, would be a lot of sugar if one was doing a lot of walking/running/hiking. Thank you for the suggestion.

2993 days ago



AUSFAM

I have to do this too--otherwise, before I know it I've eaten a bakers dozen! :) 2994 days ago



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EFFIEANNIE

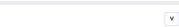
I was thinking about peeps last night on the treadmill. The peeps and treadmill were in my sewing room. As I watched the calories burned go up (very slowly) on the treadmill I figured it would allow me 2 peeps! But I had 5! 2994 days ago



DESERTJULZ

Oh how fun! I will have to figure out how far I have to go (or how long...) for my favorite treats.

2994 days ago





JOYNEW

Whatever it takes to keep indulgences in check 2994 days ago





CELIAMINER

Interesting way to visualize. I'm more like Toni in that trying to match the ins and outs all the time would make me too crazy. 2994 days ago





MISCHAKEO

I liked her blog also. Thinking of one mile per chocolate chip cookie is a great way to visualize what you will need to burn those calories off. Good idea!

It was nice to read your blog as I was being lazy and skipping exercise. Off I go. 2994 days ago



NINJALINDA

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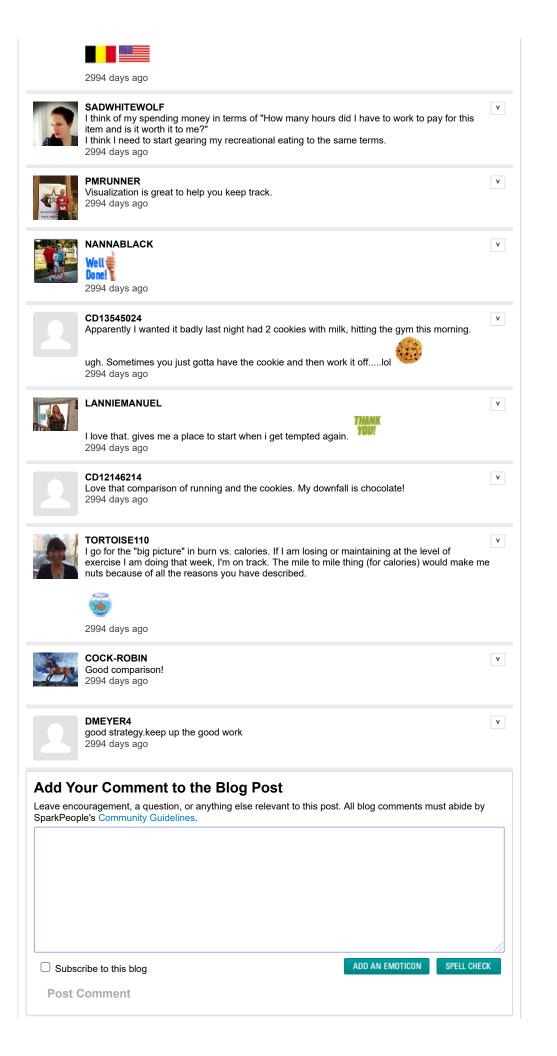
Great idea. I think I need to figure out how many miles each glass of wine costs me



GINIEMIE

It is a strategy that might work. I'll have to contemplate it-but chocolate chip cookies are not one of my hang ups. Now dark chocolate, peanut butter, oatmeal raisin cookies or speculoos those would be danglers for me.





Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.