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One chocolate chip cookie per mile.

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.

Note:

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



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.

:D

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

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



2994 days ago



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 dangles for me.





2994 days ago



SADWHITEWOLF

I think of my spending money in terms of "How many hours did I have to work to pay for this item and is it worth it to me?"
I think I need to start gearing my recreational eating to the same terms.

2994 days ago



PMRUNNER

Visualization is great to help you keep track.

2994 days ago



NANNABLACK



2994 days ago



CD13545024

Apparently I wanted it badly last night had 2 cookies with milk, hitting the gym this morning.

ugh. Sometimes you just gotta have the cookie and then work it off.....lol

2994 days ago



LANNIEMANUEL

I love that. gives me a place to start when i get tempted again.

2994 days ago



CD12146214

Love that comparison of running and the cookies. My downfall is chocolate!

2994 days ago



TORTOISE110

I go for the "big picture" in burn vs. calories. If I am losing or maintaining at the level of exercise I am doing that week, I'm on track. The mile to mile thing (for calories) would make me nuts because of all the reasons you have described.



2994 days ago



COCK-ROBIN

Good comparison!

2994 days ago



DMEYER4

good strategy. keep up the good work

2994 days ago



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