

BURNING CALORIES

Exercise is an important part of weight control because you burn calories as you exert. You can burn up to 300 calories just by walking this trail at a brisk pace for an hour.

With regular activity, you also stimulate your body's metabolism, which means you have an easier time shedding or avoiding unwanted pounds. Plus, you have more energy for all of your daily activities.



did you know?

No Baldwin Hills animal has a faster metabolism than the hummingbird. This tiny aerialist flits from flower to flower, burning calories so quickly that it often eats $1\frac{1}{2}$ to 3 times its weight in a day. A 150-pound person with the same metabolism would have to eat 240,000 calories or about 300 hamburgers a day!

Allen's Hummingbird



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