



Calculating Exercise Calories

Many office workers are strict about calculating the number of calories they consume or burn each day, hoping to effectively control their weight and maintain a good figure. Do you still remember how to calculate exercise calories? Let's recap it now.

Number of Calories Burned (kcal) = Metabolic Equivalent of Task (MET) × Exercise Duration (hours) × Body Weight (kg)

The higher the MET, the more intense the exercise. Below are some examples of common tasks and exercises performed in an office setting by an adult of 50 kg, along with the numbers of calories burned through these activities over 30 minutes.

Reference Numbers of Calories Burned through Tasks and Exercises in the Office

(for an adult of 50 kg performing the activity for 30 minutes)

Daily task in the office	MET	Number of calorie burned per 30 minutes (kcal)
Using the computer	1.5	37.5
Using the phone (seated)	1.5	37.5
Using the phone (standing)	2.5	62.5

Exercise that can be performed in the office	MET	Number of calorie burned per 30 minutes (kcal)
Walking up or down the stairs	4-8.8	100-220
Walking (normal)	2	50
Walking (brisk)	5	125
Performing mild weight-bearing exercises for strengthening muscles (e.g. using water bottles, elastic bands, etc.)	3	75



Why Does a Weight Loss Plateau Occur?

In the formula for calculating the number of calories burned through exercise, body weight plays a significant role. In the early stages of a weight loss plan, your body weight is at its peak, so doing exercise burns more calories, leading to faster weight loss.

However, once the plan starts to take effect and your body weight gradually decreases, even if you do the same exercise, the number of calories burned will also decrease, slowing down the rate of further weight loss. This is the main reason why a weight loss plateau occurs.

You may use the formula above to find out exactly how many calories can be burned through the exercise you do. In fact, you may burn extra calories even when you are staying in the office simply through making small changes to your daily habits, such as standing while using the phone, taking the stairs more often, and doing some mild exercises.

After all, exercise requires regular effort. Do not slack off because of short-term weight changes, or your entire weight loss plan could easily fall apart.