Fun Fact of the Week

How to Burn Off Halloween Candy Calories
The Workout Time Required to Burn Off Each Treat*

By Malia Frey

Have you ever added up your Halloween candy calories? You might be surprised to see how many calories you consume on Halloween night. If you hand out candy at home, you might gobble up between 640 – 1,280 extra calories in a matter of hours. And of course, we often continue to raid the candy bowl well after the holiday is over. So, the total damage can be even more substantial.

To balance out the added fat and calories, you might try to hit the gym and add a few exercise sessions to your regular routine. But how much extra exercise is enough? Below is a list of typical Halloween candy calorie counts along with the time it will take for you to burn off the treat at the gym. The list may help you to control your candy intake on Halloween.

Workouts to Burn Halloween Candy Calories

Tiny treats like fun-size Kit Kats or those mini bags of M&Ms are relatively low in calories. The problem is that we usually eat three, four even five of them because they're so small. Fun sized calories add up to long hours on the elliptical or Stairmaster.

So how do you burn it all off? The exercise cost of the most popular treats below. The candy workouts don't seem too bad, but keep in mind, that if you eat *extra* candy, then you need to do *extra* workouts to maintain your weight. So, these activities have to be performed in addition to your regular workouts if you are adding candy to your typical diet.

The number of calories that you burn may be slightly different than the calorie counts listed. But they are good estimates of the Halloween candy workouts you need to do to keep your body weight stable after you indulge. The exercise estimates are based on the number of calories that a 150-pound exerciser would burn as indicated on the American Council on Exercise activity calculator. If you are heavier, you will burn more calories in less time. If you weigh less than 150 pounds, you will burn fewer calories.

What Does It Take to Burn Off the Calories?

- **Fun-sized Kit Kat bar** (3 pieces/210 calories): Run for 20 minutes or walk at a moderate pace for one hour.

- **Reese's Peanut Butter Cup** (1 individual cup/105 calories): Cycling workout for 25 minutes or swim laps for 15 minutes.

- **Fun-sized Almond Joy** (1 bar/80 calories): 15 minutes of intense aerobics class, 30 minutes of yoga or 15 minutes of golf

- **Fun-sized Snickers bar** (2 small bars/160 calories): Weight training for 45 minutes, take a hatha yoga class for one hour

- **Fun-sized M&Ms** (3 mini packs/180 calories) Cross country hiking for 30 minutes, go dancing with friends for 30 minutes

- **Fun-sized Hershey's Chocolate bar** (1 small bar/77 calories) 10 minutes of racquetball, jump rope slowly for ten minutes

- **Fun-sized Whoppers** (2 bags/60 calories): Moderate rowing machine workout for 10 minutes or a slow jog for about a mile

- **Candy corn** (about 20 pieces/140 calories) Walk at a brisk pace for 35 minutes or play ping pong for 30 minutes

More Ways to Burn Off Halloween Candy Calories

Not a fan of exercise? Here are some household tasks and other activities that will burn extra calories. Do each activity separately or do a complete housecleaning workout to burn fat and calories.

Household Chores to Burn off the Calories

- Vacuum the carpets for 30 minutes to burn 100 calories
- Wash, wax and dry the car to burn 100 calories
- Grocery shopping (including carrying your groceries) to burn an extra 80 calories
- Briskly walk to the grocery store to burn 120 calories
- Scrub the kitchen floor to burn 200 calories per hour
- Play frisbee with the kids to burn 102 calories
- General housecleaning for 90 minutes burns about 300 calories
- Rake and bag leaves for one hour to burn 375 calories
- Do other forms of heavy yard work and burn 249 calories in 40 minutes.

Remember that you can break up activities to reach your calorie goal. Add chores throughout the day to reach the number you need to burn of your candy.

How Long Will It Take to Burn Off Halloween Calories?

It's not a good idea to try to burn off your candy calories with a single workout or even in a single day. If you overindulged on Halloween night and in the days following, add a few minutes to each of your regularly scheduled workouts for a week or two to get back on track. You're more likely to stick to the program and you may be able to improve your fitness level to lose more weight while you're at it.

* *https://www.verywellfit.com/the-exercise-cost-of-your-halloween-candy-3495669*