



Live Fit Tip

Do you want to burn more calories in your daily activities? Try making these small adjustments to your everyday routine: Instead of using the remote for 5 minutes, get up and change the TV station (**3 calories burned**). Instead of answering the phone with a nearby cordless phone or mobile phone and talking for 30 minutes, get up answer the phone and stand during three 10 minute conversations (**20 calories burned**). Instead of using a garage door opener, open the garage door twice a day (**2-3 calories burned**). Don't hire someone to clean your house and do the ironing, vacuum once a week for 30 minutes (**115 calories burned**) and iron for 30 minutes (**37 calories burned**). As a replacement for sitting and waiting 30 minutes for the pizza delivery, cook for 30 minutes (**20-25 calories burned**). Instead of buying pre-chopped vegetables, chop and wash your own once a week (**10-13 calories burned**). Use a leaf blower (**100 calories burned**) and rake your leaves for 30 minutes once a week (**150 calories burned**). As an alternative to hiring a lawn service, garden for 30 minutes once week (**150 calories burned**) and use a push mower for 30 minutes once a week (**210 calories burned**). Wash and wax your own car once a month (300 calories burned). Walk your dog for 30 minutes every day (**125 calories burned**). Take at least one flight of stairs 3 times a day (**15 calories burned**). Park in a parking spot that takes 2 minutes to walk to your destination 5 times a week (**8 calories burned**). Unload your own shopping cart once a week (**6 calories burned**). As an alternative to internet shopping, walk the mall for an hour, briskly, once a month (**240 calories burned**). Walk into the gas station to pay for gas once a week (**5 calories burned**), instead of paying at the pump.

Assuming a person's caloric intake stays the same and completing all of the above tasks as frequently as listed, a person will burn about **8,800 extra calories** a month! This amounts to about 2.5 pounds of weight loss a month OR about 30 pounds a year!

(The above estimates are based on a 150 to 160 pound person. A lighter person will burn fewer calories and a heavier person will burn more.)

Amy Juneau, MA
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