



## Don't look now...but you just may be exercising

That's right! You may be exercising and not even know it. Carrying groceries, playing outside with your dog, washing your car. These are all forms of moderate exercise. You can burn from 105 to 210 calories in a half hour.\* And your heart, bones, lungs and muscles benefit from these activities, too.

You don't have to be an athlete to burn calories. Just find an activity you really enjoy. If you like dancing, try zumba. If you like the outdoors, go for a hike. Or jump on a trampoline. It's easier to keep up an exercise program when you're doing things you like.

And though chores around the house aren't fun, they burn calories, too. So in this case, what's good for your house is also good for your body.

### How many calories can you burn in one hour?

Here's an estimate for people who weigh between 130 to 190 pounds:

Playing billiards	148-216
Bowling	177-259
Cleaning the house	207-302
Cooking/preparing food	148-216
Dancing	266-388
Playing darts	148-216
Fishing	236-345
Playing Frisbee	177-259
Golfing	236-345
Mowing the lawn	325-474
Pushing stroller with child	148-216
Playing pingpong	236-345

Talk to your doctor before you start a new exercise program, especially if you haven't been active for a while. Remember: There are 1,440 minutes in each day. Use 30 of them for physical activity.

To find out more, search "Measuring Physical Activity Intensity" at [cdc.gov](http://cdc.gov).



\* Based on an average adult weighing 154 pounds.

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your health care provider for advice about changes that may affect your health.

Source: Based on guidelines from the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, and American College of Sports Medicine.