

Nutrition News

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A COMMUNITY NUTRITION PROGRAMS NEWSLETTER

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Eat Vegetables, Move More: Alternative Ways to Burn Calories

If you are not a member of a gym and do not own a treadmill or a workout machine, you may find yourself unwilling or hesitant to exercise. Of course, there is nothing wrong with jogging around the neighborhood while listening to music, but that could get tiresome. If you are looking for some excitement to spice up your routine, read on. You may be surprised on how many calories you can burn in performing everyday activities (while having fun, too)!

Before we get to the exciting part, let's define exactly what a calorie is. A calorie is the amount of heat that is contained in food and released once it is digested in the body. To burn all the calories from the food we ingest, we must be physically active.

According to the 2005 Dietary Guidelines for Americans, the average person should exercise moderately at least 30 minutes a day, 7 days a week, to reduce the risk of chronic diseases such as heart disease and obesity. To manage body weight, however, the average person should perform 60 minutes of moderate to vigorous exercise most days of the week.

So the next time you get active, refer to the chart for great ideas on incorporating more physical activity into your daily routine while burning the desired amount of calories. You may be burning more calories than you think!

The following activities are designed for a **150 pound** person performing the activity for **30 minutes**:

Exercise	Calories Burned
Reading	34
Typing	51
Cooking	68
Making the bed	68
Driving	68
Grocery shopping	78
Ironing	78
Yoga	85
Watering plants	85
Light weight lifting	102
Bowling	102
Frisbee	102
Cleaning the house	102
Bathing the dog	119
Vacuuming	119
Horseback riding	136
Table tennis	136
Gardening	136
Sweeping	136
Playing with the kids	136
Golf	147
Raking the lawn	147
Dancing	153
Snorkeling	170
Softball/Baseball	170
Painting	170
Mowing the lawn	187
Swimming	205
Racquetball	239
Basketball	273
Bicycling	280
Football	280
Step Aerobics	290
Rollerblading	426

Did you know?

The average person burns 31 calories from sleeping for a half hour!

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Family Fun Activity

BACKYARD SOFTBALL

You will need:

- 1 softball/baseball/whiffle ball
- 1 bat
- Empty cereal boxes



Instructions:

1. Mark bases with cereal boxes.
2. Divide into 2 teams.
3. One team bats as the other pitches.
4. Switch teams after 3 outs.
5. Play for 6 innings.
6. The team with the most runs wins!

Did you know?

Playing backyard softball for 30 minutes can burn up to 170 calories!

Resources:

U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary guidelines for Americans, 2005. 6th edition, Washington, D.C.: U.S. Government Printing Office, January 2005.

Fitness Partner Connection Jumpsite! Activity Calorie Calculator. Available at <http://www.primusweb.com/fitnesspartner/jumpsite/calculat.htm>. Accessed on July 5, 2007.

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To find out more, contact your parish agent.