

# Life's Simple **7**

SEVEN SIMPLE WAYS TO IMPROVE YOUR HEALTH AND ENHANCE YOUR QUALITY OF LIFE



## Ways to Burn 100 Calories



**A**ny physical activity that uses the big muscles of your body burns some calories. Doing finger calisthenics with your remote not so much. How many calories you burn in any given activity is determined by your weight and fitness level. The heavier and less fit you are, the more calories you will burn. (The following list was figured for a moderately fit person who weighs 150 lbs.)



- **Prepare food:** 45 minutes of chopping, sauteing and everything else involved in putting together a meal consumes about 102 calories. Carrying your groceries in a hand basket instead of pushing a cart burns even more. You get bonus points if you fix a heart-healthy meal!
- **Dig in the dirt:** 25 minutes of gardening uses 113 calories.
- **Skip rope:** 10 minutes of jumping rope will burn 113 calories.
- **Take the stairs:** Depending on your fitness level, you spend 7 - 10 calories climbing a flight of stairs. That's not much, but if you make it a habit of taking stairs instead of the elevator, benefits add up. If you don't have a flight of stairs handy, you can step up and down on step 15 times.
- **Hop on your bike:** Tour your neighborhood with your family on fat-tire bikes. In 25 minutes you will burn 102 calories.
- **Go for a walk:** In 22 minutes of strolling (at 3.5 mph) you will burn 100 calories. Pick up the pace to 4.5 mph, and you will burn 100 calories in a little more than 13 minutes.
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- **Start dancing:** Dancing for 19 minutes will burn 103 calories.

To improve your overall heart health, the American Heart Association recommends *at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise* (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. If you can't work in one 30-minute stretch, you can do it in two or three segments of 10 to 15 minutes a day. For people who would benefit from lowering their blood pressure or cholesterol, we recommend 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.

And in case you just want to laugh it off, a Vanderbilt study found that adults burn 3-5 calories per minute laughing. **HI**