

Don't Look Now...But You Just May Be Exercising!

That's right! You may be exercising and not even realize it. Carrying grocery bags, gardening, scrubbing the bathtub or washing and waxing a car are all forms of moderate exercise that can cause you to burn between 105 and 210 calories in a half hour.* And your heart, bones, lungs and muscles are reaping the benefits of these activities as well.

Opportunities to exercise are just about everywhere, and you don't always have to be an athlete to participate. When you're ready to start exercising, find an activity you really enjoy. If you like dancing, then try a dance aerobics class at a gym or community center. Or jump on a trampoline. It's easier to keep up an exercise program when you're doing things you like. Even look for chores around the house like cleaning out the garage or painting a room. Your body benefits all the same.

Take a look at the calories you can burn on these activities:

(For people weighing between 130 and 190 pounds, calories burned for one hour of activity)

Playing billiards	148-216
Bowling	177-259
General house cleaning	207-302
Cooking/food preparation	148-216
Dancing	266-388
Playing darts	148-216
Fishing	236-345
Playing Frisbee	177-259
Golfing	236-345
Mowing lawn	325-474
Pushing stroller with child	148-216
Playing ping-pong	236-345

Talk to your doctor before you start a new exercise program, especially if it's been a while since you've been regularly active. Remember: There are 1,440 minutes in every day. Schedule 30 of them for physical activity.

To find out more about the intensity levels of many types of physical activities, see [General Physical Activities Defined By Level of Intensity](#) (PDF - 1.4K) at <http://www.cdc.gov/nccdphp/dnpa/physical/measuring/index.htm>

* Based on an average adult weighing 154 lbs. Source: based on guidelines published by the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, American College of Sports Medicine.

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

