

Ten Things You Never Thought Counted As Exercise



1. Bike To Work

- Bike To work/destination
 - 20 minute commute at light pace 3x/wk both ways burns 700 calories; or **10 lbs**/year weight loss.



- Bike To work/destination
 - 10 minute commute at light pace 3x/wk both ways burns 350 calories; or **5 lbs**/year weight loss.
 - 20 min 5d/wk burns **17 lbs**.
 - Bike Incentives: Bicycle Commuter Transportation Act
 - \$240 reimbursement for bicycling to work from employer.



2. Walk to Work/Destination

- Although 41% of all trips made in the United States are one mile or less, fewer than 10% of all trips are made by walking and biking.
- Among students living within 1 mile of school, the percentage of walkers fell from 90% to 31% between 1969 and 2001.
- According to the CDC, only 13% of children walk to school today compared with 66% in 1970.



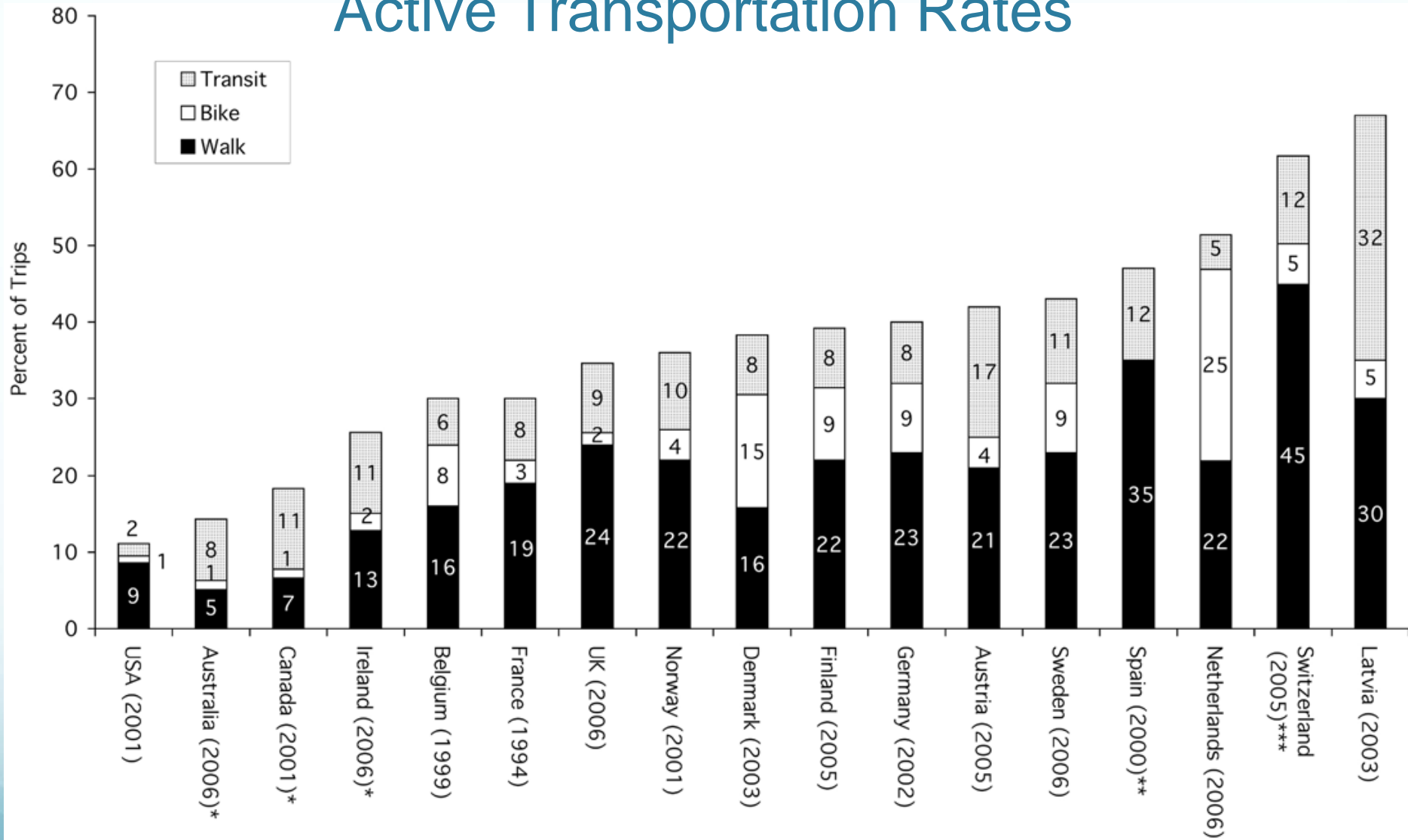
Calories Burned

Walking to store, work, etc 10 minutes both ways at a moderate pace 3x/wk burns 350 calories or **5 lbs/year** weight loss.

Carry a load of 10lbs at the same time and rate increases calories burned to 450 or **7lbs/year** weight loss.



Active Transportation Rates



3. Parking Far Away

- Habitually parking a 5min walk away burns approximately an extra pound per year



4. Shopping!

Non grocery store shopping can burn up to 100 calories per hour if carrying bags.

Walk the entire store prior to shopping to increase the health benefits.



5. Sexual Activity



- Burns calories
 - ~140 calories/hour
- Boost immunity
- Relieves stress
- Boost heart health



6. Chopping Wood



6. Chopping Wood

30 minutes two days/wk for 4 months burns 576 calories or **3lbs** weight loss

Chopping wood is the energy equivalent of hiking a steep incline.

7. Playing With Kids



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7. Playing With Kids

- Kids play at a vigorous level naturally.
- Volunteer to be a playground aid at a school.
- Join a local walking school bus group.



8. Housework

Gardening, woodworking, cleaning



8. Housework

Average housework activity burns 300 calories per hour

9. Standing or Walking at work

- Standing vs sitting at work burns an extra 200 calories per day.
- Walking at a very slow pace on a treadmill desk vs sitting at work burns an extra 300 calories per day or **22 lbs/year**.



10. ? Find your new hobby



Putting it all together

If you were to bike/walk to work 3x/wk, habitually park far away, and perform housework or volunteer to help a friend you could lose 12lbs/year.

In five years of this habit you'd lose **60 lbs!**



Hypokinetic Diseases

Hypo: “lack or less” Kinetic: “movement”

- Cardiovascular disease
- Some forms of cancer
- Back problems
- Obesity
- Type 2 diabetes
- Osteoporosis
- Mental health