

**50
WAYS**

to put **PHYSICAL**

Activity

into your life

WALK to school or work • WALK to your friend's house

JUMP ROPE during commercials

GO rollerblading
GO ice skating
PLAY basketball
PLAY tennis
GO swimming
JOIN a sports team

Take a bike **RIDE**

WASH the car

MOW the lawn

PLAY catch with a baseball or football

DO jumping jacks during commercials

RUN in place during commercials

TAKE the stairs instead of an elevator

DANCE at home with your friends

Take a family **WALK** after dinner

PLAY on a softball team

TRAIN for a running race

WALK around a museum or zoo

LEARN how to kickbox

TAKE a boxing class

SWIM laps

GO out dancing

GO snowshoeing

TRY skiing

GO hiking

HAVE SOME KICKS

join a Soccer league

GO mountain biking

PADDLE a canoe or kayak

ROW a boat

CARRY in the groceries

SHOVEL snow

STRETCH during commercials

TAKE a physical education class

WALK around the mall

WALK around the block in the morning

LIFT HANDWEIGHTS

during TV commercials

WALK a dog

PLAY volleyball

GO sledding

RAKE the leaves

PLANT a garden

WORK OUT to exercise videos

TRY karate

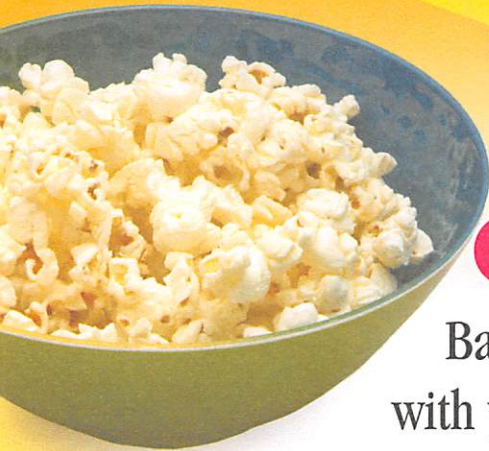
TAKE a yoga class

TAKE a dance class

PLAY Frisbee

GO BOWLING with your friends

Do the math!



CALORIES IN *equals* CALORIES OUT

Balance your energy in (calories) with your energy out (calories burned) through regular physical activity!

Quick and easy snacks for 100 CALORIES or less:

½ apple + 2 tsp peanut butter
10 baby carrots + 2 ½ Tbsp hummus
10 baked tortilla chips + ¼ c salsa
1 medium apple

1 large hard-boiled egg
1 banana
2 ½ Tbsp mixed nuts
1 stick string cheese
3 cups air-popped popcorn

Ways to burn 100 CALORIES:

*Estimated times for calories burned while doing activities are based on a 150 lb person. Specific calorie expenditures may vary depending on the activity, intensity level and your individual situation.

ACTIVITY	TIME
Basketball	20 minutes
Biking (10 mph)	15 minutes
Cleaning house	35 minutes
Dancing	20 minutes
Football	11 minutes
Mowing lawn	16 minutes
Soccer	13 minutes
Running (5 mph)	11 minutes
Walking (3 mph)	25 minutes

