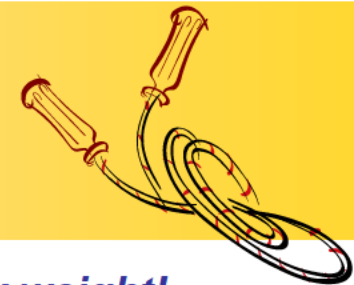




Get Fit – Stay Fit



Surprising ways to burn calories for 30 minutes of activity, by weight!

Activity	Weight=125 lbs	Weight=155 lbs	Weight=185 lbs
Frisbee or Volleyball (general play)	90	112	133
Tai Chi or Playing with kids (moderate effort)	120	149	178
Gardening/mowing	135	167	200
Whitewater rafting or Kayaking	150	186	222
Softball (general play)	150	186	222
Dancing or Golf (carrying clubs)	165	205	244
Hiking, water-skiing, or snowing snow	180	223	266
Rope jumping	300	372	444

For more activities, visit:

<http://www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm>

