

SIMPLE WAYS TO BURN 100 EXTRA CALORIES A DAY

Things You Can Do At Home

- House walking: Just walk around your house. In 25 minutes (does not have to be all at once), you can burn 100 calories.
- Stretch/Light Yoga: You can do this while watching TV or waiting for dinner to bake. Burn 100 calories in 35 minutes.
- Dancing While Cleaning: Make housework fun! Turn up the music & dance around while you work. In 20 minutes burn 100 calories!



Things You Can Do While You Are Out and About

- Take The Stairs: 10 minutes of stair climbing burns 100 calories. Do this on your break at work, or at home. Add to house walking for an extra bang!
- Lunch Break Walking: Don't break a sweat - just 25 minutes of moderate walking burns 100 calories. Invite a co-worker and the time will really fly!



- Bowling: A perfect activity for both hot summer and cold winter weather. Plus you do not have to be especially fit to bowl. This is a sport for everyone. Thirty minutes on the lanes burns 100 calories.

Tips and Tricks

- Once you see how easy it is to incorporate these into your day, you will want to double or triple up. A walk at lunch, some light stretching and using the stairs? You just burned 300 calories!
- Stay hydrated: Keep a refillable water bottle on hand throughout the day. Bonus? Getting enough water can keep you from feeling hungry.
- Cut 100 calories a day for 365 days and you will lose 10 pounds in a year!
- HAPPY CALORIE BURNING!



Reference: Hungry-girl.com



"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2