

## 85+ ways to burn calories!

We often think of sports or formal exercise when we think about burning calories. Don't forget the many other ways to add physical activity to your day. Try to squeeze in as many as you can! By burning 100 extra calories every day for a year, you can lose up to 10 pounds! Here are some ideas. In each group, the less strenuous activities are listed first. It will take you longer to burn calories with less strenuous activities, but it may be easier to fit them into your routine.

**At work** – do a few strength training exercises while you stand and wait, walk on breaks, walk during small meetings, use the stairs to go from floor to floor, climb stairs before or after work.

**In and around the house** -- Wash dishes, wash windows, garden, lay or remove carpet or tile, mow the lawn with a push/power mower, rake the lawn, refinish furniture, operate the snow blower, do light housecleaning, paint the house, pull weeds, chop and split wood, mow lawn with a push/hand mower, shovel snow, move furniture, do heavy house cleaning.

**With the family** – fly a kite, play catch, explore the zoo, toss a Frisbee, dance slowly, walk at a slow-moderate pace to a friend's house, paddleboat, play tag,

coach sports, roller skate, kick a soccer ball, wash the family car, run through the sprinkler, shoot hoops, walk the dog or push a stroller at a moderate pace, play hopscotch, skateboard, ice skate, dance fast, take a bike ride, roller blade, go backpacking, jump rope.

**Individual activities** – stretch, lift weights, bowl, golf with a cart, do water aerobics, play badminton, do tai chi or calisthenics, walk at a moderate or brisk pace, golf without a cart, hike, wrestle, swim, box, do low-impact aerobics, use a stair step machine, play singles tennis, do high impact or step aerobics, row, run, play handball.

**Team Sports** – volleyball, doubles tennis, softball, baseball, soccer, beach volleyball, basketball, flag football, hockey, football, lacrosse, water polo.

**Try something new** – horseback riding, yoga, kayaking, whitewater rafting, water skiing, fencing, snow shoeing, snow boarding, judo, karate, rock climbing.

**Stay active! Have fun!**

-- adapted from [www.kraftcanada.com](http://www.kraftcanada.com)

### Recipe of the week: Easy Minestrone

8 servings

1 cup diced onion  
¼ cup olive oil  
5 cups coarsely chopped vegetables (frozen are fine) such as: curly endive, zucchini, carrots, celery, green beans, cabbage  
1 clove garlic, finely chopped or pressed  
1 teaspoon Worcestershire sauce if desired  
2 drops Tabasco sauce if desired  
2 teaspoons dried oregano  
1 Tablespoon dried basil  
1 28 oz. can crushed tomatoes in puree  
1 can chickpeas (garbanzos), drained and rinsed  
6 cups vegetable or chicken broth  
1 cup small pasta

½ cup chopped fresh parsley  
grated or shredded parmesan cheese, if desired

1. In a large pot, lightly brown onions in oil.
2. Add everything except pasta, fresh parsley and cheese. Bring to a boil.
3. Add pasta.
4. Return to boil, simmer 45 minutes.
5. Add parsley.
6. Serve with cheese if desired.

#### **Nutrition Facts**

Calories: 261    Total Fat: 8g    Saturated Fat: 1g  
Carbohydrates: 41g    Dietary Fiber 7g  
Protein: 7g

**Tip of the Week:** A new study from the National Center on Addiction and Substance Abuse at Columbia University shows that teenagers who regularly eat dinner with their families are less likely to smoke, drink or use drugs than those who rarely eat with their families.  
-- reported in <http://www.washingtonpost.com/blogs/the-checkup>, 9/26/11