

MAKE ACTIVITY PART OF YOUR LIFESTYLE...

INSTEAD OF
DOING THIS
ACTIVITY



TRY THIS
ACTIVITY

Riding the
elevator or
escalator 3
flights up



3
kcal



Walk 3 flights up



20
kcal

Buy pre-sliced
vegetables at store



0
kcal



Wash, slice, chop
vegetables



20
kcal

Use a leaf blower
for 30 minutes



115
kcal



Rake leaves for
30 minutes



175
kcal

Order fast food at drive up
window (5 min)



3
kcal



Park, walk in and
order food (5 min)



10
kcal

1 hour of online shopping



35
kcal



1 hour shopping
at mall



215
kcal