

100 Ways to Burn 100 Calories

Prime of Life Fitness

Get Creative and Get Moving!

The secret to losing weight is no secret at all. Just burn more calories in a day than you consume. So why does it always seem so hard? Maybe we just need a little creative thinking about all the fun (and not-so-fun) ways we can burn off those calories.

To lose a pound of fat, you need to create a 3500 calorie deficit. So pick five activities from this list to add to each day, and you'll be losing a pound a week, without changing what you eat.

Each activity shows how much time it takes for a 150 pound person to burn 100 calories. If you weigh more, you'll burn more calories per hour, and if you weigh less than 150 pounds, you'll burn fewer calories in the same amount of time. Have fun!

1 Backpacking	12.6 minutes
2 Ballet dancing	18.3 minutes
3 Bathing the dog	25.2 minutes
4 Baton twirling	22.1 minutes
5 Belly dancing	19.6 minutes
6 Biking (12-14 mph)	11 minutes
7 Bobsledding	12.6 minutes
8 Bowling	29.4 minutes
9 Brushing Teeth	44.1 minutes
10 Changing bed linens	35.3 minutes
11 Chopping firewood	14.7 minutes
12 Cooking Dinner	35.3 minutes
13 Cross-country skiing (2.5 mph)	12.6 minutes
14 Dancing a waltz	29.4 minutes
15 Dancing a tango	29.4 minutes
16 Digging	19.7 minutes
17 Doing auto repair work	29.4 minutes
18 Doing jumping jacks	11 minutes
19 Doing karate	8.8 minutes
20 Doing low impact aerobics	17.6 minutes
21 Doing step aerobics	10.4 minutes
22 Doing Tai Chi	22.1 minutes
23 Downhill skiing	14.7 minutes
24 Fast walking (5 mph)	11 minutes



22 minutes of gardening will burn 100 calories. How many new weeds will grow in that 22 minutes?

25 Fly fishing	14.7 minutes
26 Flying a kite	22.1 minutes
27 Folding origami	58.8 minutes
28 Gardening	22.1 minutes
29 Getting a manicure	88.2 minutes
30 Golfing w/cart	25.2 minutes
31 Grocery shopping	38.5 minutes
32 Hammering	29.4 minutes
33 Having sex	58.8 minutes
34 Hugging	88.2 minutes
35 Irish step dancing	19.6 minutes

About the Author

LeeAnn Langdon is a certified personal trainer and owner of Prime of Life Fitness in Denver, CO. Her passion is helping boomers and seniors develop fitness habits that will help them age vibrantly, gracefully and independently.

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And for more useful, fun information about fitness and nutrition, check out www.primeoflifefitness.com



A good game of fetch with Fido burns 100 calories in 31 minutes. (Fido will be happy to oblige!)

36 Ironing	38.5 minutes	75 Rocking a baby	35.3 minutes
37 Jogging	12.6 minutes	76 Roller skating	12.6 minutes
38 Juggling	22.1 minutes	77 Running (6 mph)	8.8 minutes
39 Jumping on a trampoline	25.2 minutes	78 Scuba diving	12.6 minutes
40 Jumping rope	8.8 minutes	79 Shearing sheep	14.7 minutes
41 Kickboxing	8.8 minutes	80 Shoveling snow	14.7 minutes
42 Kissing	88.2 minutes	81 Singing a lullaby	58.8 minutes
43 Knitting	58.8 minutes	82 Singing the National Anthem	44.1 minutes
44 Meditating	88.2 minutes	83 Sledding	12.6 minutes
45 Milking cows	29.4 minutes	84 Slow walking (3 mph)	26.7 minutes
46 Moderate walking (4 mph)	17.6 minutes	85 Snowshoeing	11 minutes
47 Mopping floors	25.2 minutes	86 Stair climbing	9.8 minutes
48 Mowing the lawn (push mower)	19.6 minutes	87 Star gazing	88.2 minutes
49 Packing a suitcase	44.1 minutes	88 Synchronized swimming	11 minutes
50 Peeling carrots	35.3 minutes	89 Taking a bath	58.8 minutes
51 Picking daisies	29.4 minutes	90 Taking out the trash	35.3 minutes
52 Playing accordion	50.0 minutes	91 Trombone playing	25.2 minutes
53 Playing air guitar	29.4 minutes	92 Typing	58.8 minutes
54 Playing badminton	19.6 minutes	93 Unicycling	17.6 minutes
55 Playing baseball	17.6 minutes	94 Vacuuming	25.2 minutes
56 Playing basketball	11 minutes	95 Violin playing	35.3 minutes
57 Playing beach volleyball	11 minutes	96 Washing dishes	38.5 minutes
58 Playing fetch	31.4 minutes	97 Washing windows	29.4 minutes
59 Playing Frisbee	29.4 minutes	98 Water skiing	14.7 minutes
60 Playing hacky sack	22.1 minutes	99 Weight lifting	29.4 minutes
61 Playing hopscotch	11 minutes	100Whitewater rafting	17.6 minutes
62 Playing horseshoes	29.4 minutes		
63 Playing ice hockey	11 minutes		
64 Playing miniature golf	29.4 minutes		
65 Playing piano	35.3 minutes		
66 Playing poker	58.8 minutes		
67 Playing singles tennis	11 minutes		
68 Playing soccer	12.6 minutes		
69 Playing table tennis	22.1 minutes		
70 Playing touch football	11 minutes		
71 Pole vaulting	14.7 minutes		
72 Practicing Hatha yoga	35.3 minutes		
73 Raking leaves	20.5 minutes		
74 Reading a book	68.2 minutes		

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You'll be dancing, too, when you realize that just 25 minutes of vacuuming burns 100 calories.