

10 IDEAS TO GET YOU MOVING



1. Run or walk with a friend
2. Play basketball or soccer or any other team sport
3. Walk the dog
4. Clean the apartment
5. Run up and down the stairs
6. Do stretches, squats, exercises while you brush your teeth
7. Get off one stop earlier on the subway or bus and walk
8. Take the stairs instead of the elevator
9. Reacquaint yourself with childhood favorites: Jump rope, hula hoop
10. Use Youtube and online exercise resources eg. Yogaglow, Zumba, Hoopnotica, Vitajuice, Be Fit NYC 311

HERE ARE SOME WAYS TO BURN CALORIES IN 20 MINUTES FOR A 150 POUND PERSON

- Biking (6 mph): 240 calories
- Swimming laps: 240 calories
- Running (5 mph): 216 calories
- Playing basketball: 192 calories
- Dancing: 132 calories
- Gardening: 98 calories

And if we didn't convince you, check out this video: <http://www.youtube.com/watch?v=aUaInS6HIGo&sns=fb>