Burning Calories

After 30 minutes of cross-country skiing, you burn up that plate of spaghetti with meat sauce and Parmesan cheese—about 450 calories. Thirty minutes on an indoor skiing machine offer the same benefits as cross-country skiing—about 450 calories. Walking at around 4 miles per hour for 30 minutes burns 180 calories. Playing active, competitive tennis for 30 minutes burns 270 calories. Vacuuming the house for 30 minutes burns 90 calories. Running 30 minutes burns 300 calories. Playing a twosome for golf burns 80 calories. Weeding the garden for 30 minutes burns 150 calories. Inline skating or roller skating at a moderate pace for 30 minutes burns 210 calories. Dancing 30 minutes burns 150 calories.

Find something you enjoy doing and have fun!