

DON'T JUST SIT THERE...

Modern conveniences, designed to save time, can cost people many chances to burn calories. Here are some of those missed opportunities, along with a rough estimate of the extra calories that can be burned.

Opportunities to burn calories...

3 Calories ★ Getting up and **changing the TV station** for five minutes a day

20 Calories ★ Getting up and **answering the phone**, then standing during three 10-minute conversations

2-3 Calories **Manually opening the garage door** twice a day

152 Calories ★ A half-hour of **vacuuming once a week** (115 calories) and a half-hour of **ironing** (37 calories)

25 Calories Thirty minutes of **cooking**

10-13 Calories Fifteen minutes of **vegetable washing and chopping** once a week

150 Calories A half-hour of **leaf raking** once a week

360 Calories ★ A half-hour of **gardening** (150 calories) and a half-hour of **using a push mower** (210 calories) once a week

300 Calories **Washing and waxing the car** for an hour once a month

125 Calories ★ **Walking the dog** 30 minutes every day

60 Calories **Walking 10 minutes to a public transit stop** every day, riding a half-hour, then **walking five minutes to work**

6 Calories ★ **Walking one minute and conversing** for three minutes with a colleague, while standing, twice a day

15 Calories **Going up one flight of stairs** three times a day

4-8 Calories ★ Where safe, **parking in the first available spot**, five times a week, if it's a one-minute walk away: 4 calories; two-minute walk away: 8 calories

...and what we do instead

Using the remote for five minutes, in the Barcalounger **0.6 Calories**

Answering with a nearby cordless, talking for 30 minutes while reclining **4 Calories**

Using a garage door opener and sitting in the car **0.25 Calories**

Hiring someone else to clean house and do the ironing **0 Calories**

Thirty minutes sitting and waiting for a **pizza delivery** **15 Calories**

Buying **prechopped vegetables** **0 Calories**

Using a **leaf blower** **100 Calories**

Hiring a lawn service **0 Calories**

Driving to the **car wash**, getting out, paying, and getting back in **18 Calories**

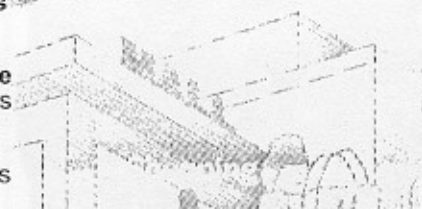
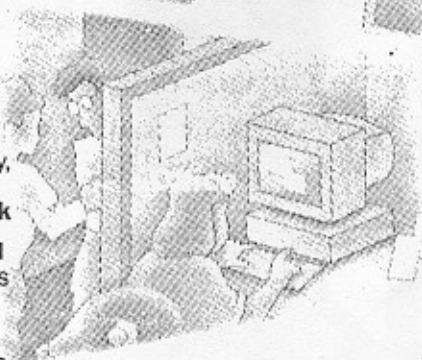
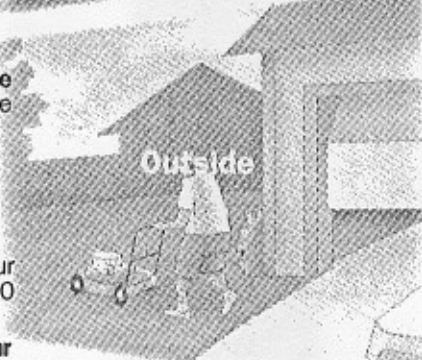
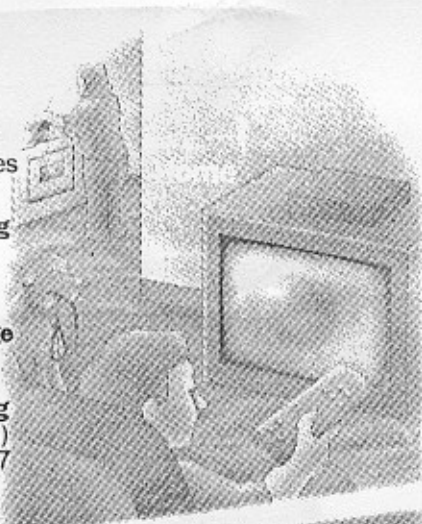
Letting the dog out the back door **2 Calories**

Driving the car for 40 minutes, then walking five minutes from the parking lot **22 Calories**

E-mailing a colleague for four minutes **2-3 Calories**

Taking the **elevator** **0.3 Calories**

Taking the **nearest spot**, a 10-second walk away **0.3 Calories**



6
Calories

Unloading a full shopping cart once a week

15
Calories

Taking one flight of stairs once a week in each of three stores

145-240
Calories

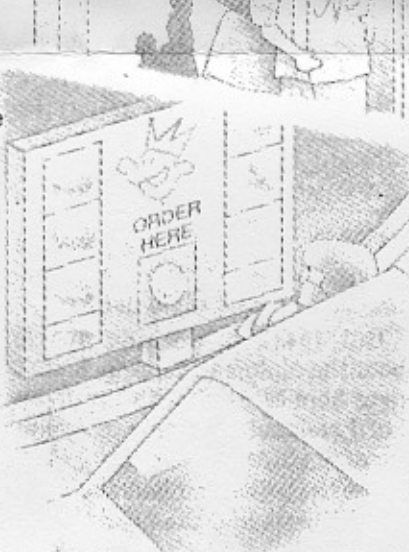
Walking at the mall for an hour, briskly, once a month: 240 calories; strolling that distance: 145 calories

70
Calories

★ Parking the car next to the door of a restaurant, bank, dry cleaners, drugstore or convenience store, and going into the building, three times a week, for a total of 30 minutes

5
Calories

Walking into the gas station to pay for gas once a week



Standing by while someone else unloads the cart

2
Calories

Riding the escalator three times

2
Calories

Internet shopping for one hour

30
Calories

Sitting in the car at drive-through windows for 30 minutes total

15
Calories

Paying at the pump

0.6
Calories

10,500
Total per month

Assuming a person's caloric intake stays the same, then completing all of the above tasks, daily or as frequently as listed, would burn about 8,800 extra calories a month, which amounts to about 2.5 pounds of weight loss in a month, or about 30 pounds a year, along with improved fitness.

If you can't do everything, completing just those tasks marked with stars (★) would burn about 6,700 extra calories a month, translating to about 2 pounds of weight loss a month, or 24 pounds a year.

1,700
Total per month

◆ All calorie-burning estimates are based on a 150- to 160-pound person. A lighter person would burn fewer calories, and a heavier person would burn more. The numbers are approximations; the actual number of calories burned would depend on other factors, such as the speed at which the activities are done.

NOTE: Conversions from calories to pounds lost are based on the estimation that an expenditure of 3,500 calories burns one pound of extra weight. Formula from Contemporary Diagnosis and Management of Obesity by George A. Bray, 1998.

SOURCES: Steven Blair/Cooper Institute for Aerobics Research, Steven Smith/Pennington Biomedical Research Center, Dallas Morning News research