



Well-being at Home

Getting Active Outside the Gym

Sometimes getting to the gym can be a challenge or too repetitive. Health experts recommend 150 minutes of moderately intense exercise each week, but how you build-up the time is entirely up to you. Whether you devote the time in 10 or 30-minute increments, everything counts toward your weekly goal.

Check out these easy-to-do, non-gym related activities to fit into your busy schedule. Don't see your favorite activity? Visit the website: <https://caloriecontrol.org/healthy-weight-tool-kit/get-moving-calculator/> to see how many calories you burn doing the activity of your choice.

Calories burned in 30 minutes per body weight

Activity	120lb	150lb	185lb	215lb	250lb
Walking (brisk pace)	114	143	176	205	238
Biking (light effort)	172	214	264	307	357
Hiking	164	205	252	293	341
Frisbee	82	102	126	147	170
Gardening (moderate effort)	136	170	210	244	284
Yoga (Hatha)	109	136	168	195	227
Dancing	143	179	220	256	300
Basketball (half court)	164	205	252	293	341
Canoeing (light effort)	82	102	126	147	170
Playing with kids at the playground	109	136	168	195	227



Resources

<https://www.acefitness.org/education-and-resources/professional/expert-articles/6434/5-things-to-know-about-metabolic-equivalents>
<https://caloriecontrol.org/healthy-weight-tool-kit/get-moving-calculator/>