

# Move Naturally

Move to Well-Being with these **10** simple steps

## 1. Trade in power tools for hand tools.

Shoveling, push-mowing, and raking burn almost 400 calories an hour or about the same amount of calories as lifting weights.



## 2. Get a dog.

Most dog owners get over five hours of exercise a week without a lot of added effort. They also have fewer health problems compared to non-dog owners.



## 3. Keep sporting equipment in your yard.

Basketballs, baseballs, footballs, golf clubs, roller-blades, camping supplies, or running shoes—have at least four in your yard for easy use. Playing catch, for example, for just 30 minutes burns over 100 calories.



## 4. Climb those stairs.

Did you know that you burn 10 calories per minute going up stairs and 4 calories per minute going down them? Setting up your home so a popular room is on another level will improve not only your activity level on the stairs but your health too.

## 5. Create exercise space.

Make exercise easier by designating space in your home for it. You're more likely to use this equipment if it's visible and easily accessible. A study at the University of Florida found that women who exercised at home lost 25 pounds in 15 months and maintained their weight loss.



## 6. Grow your own garden.

You can burn up to 150 calories gardening 30-45 minutes. As a bonus, this low-intensity exercise provides both stress reducing benefits and fresh herbs and veggies to eat!



## 7. Own a bike.

Having a bike nudges you to use it. Riding at moderate speed burns about 235 calories per half hour. (Don't forget to wear a helmet.)



## 8. Burn Calories through household tasks.

Watering houseplants burns the same number of calories as stretching and walking. Increasing simple movements like standing, walking, and talking can help you burn an extra 350 calories a day.



## 9. Open your garage manually.

Getting out of the car, raising the door, and returning to the car burns 7 calories per minute. Doing this twice a day burns around 70 additional calories.



## 10. Get up and change the TV channel.

Hide your channel changers! Changing the TV channel manually ten times a day burns 100 calories.



Source: Blue Zones Home Checklist

By de-conveniencing your home and changing your surroundings to make active living easier, you'll burn extra calories without even thinking about it.

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