



Nutrition Matters

Staying Active Everyday!

Being physically active is an important part of staying healthy. And during these cold winter months your daily routine can sometimes turn into a workout! That's right, just by maintaining your home and even playing with your grandchildren you are burning calories! Below is a chart that lists how many calories are burned in just 30 minutes of various chores. The amount of calories burned does vary depending on weight so there are three columns for different weight categories.

Calories Burned Based in 30 minutes of each activity.	125 pound person	155 pound person	185 pound person
Outdoor Activities			
Operate Snow Blower: walking	135	167	200
Carrying & stacking wood	150	186	222
Chopping & splitting wood	180	223	266
Shoveling Snow: by hand	180	223	266
Home & Daily Life Activities			
Grandchild-care: bathing, feeding, etc.	105	130	155
Food Shopping: with cart	105	130	155
Moving: unpacking	105	130	155
Playing w/grandchildren: moderate effort	120	149	178
Heavy Cleaning: wash car, windows	135	167	200
Moving: household furniture	180	223	266
Moving: carrying boxes	210	260	311

(This table was first printed in the July 2004 issue of the Harvard Heart Letter. For more information or to order, please go to <http://www.health.harvard.edu/heart>.)

In addition to daily activity, here are a few tips on how to stay active every day:

1. Make time for Physical Activity.

Identify available time slots. Try and identify at least three 30-minute time slots you could use for physical activity.

2. Plan Ahead.

Make physical activity a regular part of your daily or weekly schedule and write it on an activity calendar.

3. Energize Yourself.

Schedule physical activity for times in the day or week when you feel energetic.

4. Mind over Matter.

Remember, that if you give it a chance, physical activity will increase your energy level; then try it!

5. Get Support.

Let your family and friends know you are serious about being physically active and ask for support.

6. Get Everyone Involved.

Invite friends and family to exercise with you, plan social activities involving exercise.

7. Branch Out!

Don't be afraid to develop new friendships with other physically active people. You can make these connections by joining an exercise class!

8. Build New Skills.

Take a class to develop new skills such as swimming, tai chi or Pilates.

9. Use your Resources.

Identify inexpensive, convenient resources available in your community, such as community education programs or park and recreation programs.

10. Make the most of your Conditions.

Develop a set of regular activities that are always available regardless of the weather. Some ideas are aerobic dancing, indoor swimming, stair climbing, rope skipping, and mall walking just to name a few!



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