

How to burn more calories each day...

1. Instead of chatting on the phone while seated at your desk- Take calls standing up. (64 calories for 2 hours)
2. Instead of running errands in your car- Print a map of your town and mark your usual stops. If any are one mile apart or less park midway and walk. (90 calories for 1 hour)
3. Instead of ordering takeout- Hit the grocery store, and then cook a healthy dinner. (194 calories for 1.5 hours)
4. Just thinking of your daily tasks and adding more movement could send you on your way to weight loss. These task alone burn a total of 348 calories.