

Just Say *Yes* to Fruits and Vegetables

You don't have to go to the gym to exercise! In fact, some of the activities you already do may count toward physical activity. Each activity below burns about 150 calories.

Aim for 30 minutes of activity a day.

Common Chores	Time
Washing and waxing a car	45 to 60 minutes
Washing windows or floors	45 to 60 minutes
Gardening	35 to 40 minutes
Pushing a stroller (1.5 miles)	30 minutes
Raking leaves	30 minutes
Walking (2 miles)	30 minutes
Shoveling snow	15 minutes
Walking up stairs	15 minutes

Sporting Activities	Time
Playing volleyball	45 to 60 minutes
Playing touch football	45 minutes
Basketball (shooting baskets)	30 minutes
Bicycling (5 miles)	30 minutes
Dancing (30 minutes)	30 minutes
Water aerobics	30 minutes
Swimming laps	20 minutes
Playing basketball (game)	15 to minutes
Jumping rope	15 minutes
Running 1.5 miles	15 minutes

This handout is adapted from the National Institutes of Health WeCan Campaign

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