



*How Long Does It Take To Burn 100 Calories?**

- 28 minutes of bowling or dancing
- 24 minutes of vacuuming
- 17 minutes walking at 4 m.p.h.
- 84 minutes of TV-watching
- Experts say walking or raking leaves can improve health as much as a gym workout. These activities may also be enough to reduce heart disease risk, improve blood pressure, control weight and improve moods.

**For a person who weighs 150 lbs.*



**For more information:
Toll Free**

1-866-369-9333

Office of Public Health Nutrition

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