



Fun ways to burn 500 calories

1. Aerobics class – intense (1 hr)
2. Basketball – full court (1 hr)
3. Beach volleyball (1 hr)
4. Bike riding – moderate intensity (1 hr)
5. Bowling (2 hrs)
6. Circuit training (1 hr)
7. Golf – walking (2 hrs)
8. Ice skate (1 hr)
9. Kayak (1 hr)
10. Martial arts class (45 min)
11. Racquetball (1 hr)
12. Rock climbing – indoor (45 min)
13. Run 6 mph - a ten minute mile (45 min)
14. Run stairs (45 min)
15. Snorkeling (1.5 hrs)
16. Surf (1 hr)
17. Swimming (1 hr)
18. Tennis (1 hr)
19. Walk 4 mph (1.5 hrs)
20. Water aerobics (1.5 hrs)
21. Waterskiing (1 hr)
22. Weight lifting (1.5 hrs)
23. Zumba (1 hr)

(adapted from Fitness Blender)