

6 CALORIE- BURNING OPPORTUNITIES HIDDEN IN YOUR YARD

In the last lesson, you found some creative ways to burn calories while enjoying TV. **Sometimes, creative ideas are as close as doing something the old fashioned way.** For example, working in your yard gives you lots of opportunities to burn calories. And, as you'll see, the activities that burn the most calories include old ways of doing them.

Yard work is a rewarding way to incorporate fitness into your daily life. Give it a try, and enjoy time in nature as you burn off those calories.

From mowing the lawn to pulling weeds, you can get a complete workout while making your yard beautiful.

TRY THESE ACTIVITIES:

1. **Grow a garden.** One of the most rewarding ways to get more fitness into your routine is to start a garden.
 - A garden requires regular and ongoing maintenance from you. You'll have to take care of it, if you want it to survive. This may mean weekly chores to keep it alive.
 - Gardening can range from growing a few flowers to filling your fridge with all the vegetables your family can eat. **The key is to find a happy balance that keeps you active and motivated to work in the garden.**
 - From raking leaves to adding more soil, you'll find many activities to keep you busy.
2. **Pull up weeds.** Instead of spraying chemicals, consider doing this the old-fashioned way. Pulling out weeds can be a great workout. Every time you

see a weed, stop and remove it. This will always keep you active and moving.

3. **Use a push mower.** If you want a major workout, get a push mower to cut the grass in your yard. It's a heartier fitness choice than riding mowers. Your heart rate will increase and you'll burn more calories.
4. **Make watering an active choice.** Use a hose instead of sprinklers. You'll have to drag a heavy hose around the yard to water everything, so your arms will get a workout.
5. **Rake leaves.** Avoid using a blower to collect the leaves. Instead, use a traditional rake and get your whole body active.
6. **Use a wheelbarrow.** Wheelbarrows can help you haul waste and other items in the yard. They tend to be heavy, so your muscles will be forced to stretch and move.
 - You can also use the wheelbarrow as an exercise tool and take multiple loops around the yard or garden with it.

The next time you notice weeds in the yard or the grass getting too high, don't call the maintenance crew. Instead, do it yourself and get the benefits of exercise.

For the next lesson, we'll go back indoors for something we all know and love – shopping! Learn how to burn more calories as you shop.

HERE'S WHAT YOU NEED TO DO TODAY:

Whether your heart yearns for the beauty of flowers or the good taste of homegrown vegetables, you can satisfy that craving with today's exercise: Start a garden.

It doesn't have to be anything big. Even a few pots on the patio will encourage you to burn some extra calories each day taking care of your plants. Get started today!

Alternatively, get out into the great outdoors and mow the lawn or rake the leaves! Complete the process as close to the old-fashioned way as you can get.