

BURN CALORIES WHILE YOU SHOP

The last lesson took you outside to spend some time, and calories, in nature. Now that you're all invigorated from your time outdoors, it's time to expend some energy on a favorite – or not – pastime: shopping.

How many hours do you spend each month buying food and other items? Are you using these hours to their fullest extent when it comes to exercise, fitness, and staying active? When you consider how much of your week is spent shopping, you may want to adjust how you handle this activity.

USE THESE TECHNIQUES TO BURN MORE CALORIES AS YOU SHOP:

1. **Use baskets instead of carts.** Unless you're buying bulky items that weigh too much, consider using baskets instead of carts. **Baskets force you to use your muscles to carry the items you pick out.**
2. **Shop in the real world.** Shopping online usually means you're sitting at a desk or on the couch. Shopping in the real world forces you to walk and use your body. **All of the activities of physical shopping add up,** especially if you hit more than one store in each trip.
3. **Go around the perimeter of the store.** Even if your items are in one spot, you can get a good workout by taking the time to walk around the entire shop.
4. **Try mallercise. "Mallercise" is short for mall exercise.** You may see groups of people walking together at your local mall. Power walking is quite popular. Some malls even open early to allow people to walk in the mall.
 - Senior citizens aren't the only ones who get involved. You can start your own

mallercise group and get active while you shop.

5. **Carry your bags.** You can get a workout by carrying your own bags. The bags are like weights and help you tone your body. They'll help you get in shape and stay that way.

With a positive attitude, shopping can be a fun way to exercise and move your body!

A big part of going to the store is parking, especially if you have crowded parking lots where you live and shop. Take advantage of this part of your shopping experience with the calorie burning strategies you'll learn in the next lesson: Park with Calories on Your Mind.

HERE'S WHAT YOU NEED TO DO TODAY:

The next time you go to the grocery store, carry a basket instead of pushing a cart. Carry your own bags of groceries out to the car. Do you feel those calories burning off as you build your muscles?