

Project Heart

Activities for the Classroom

TOOLBOX

EXERCISE WHILE DOING CHORES

Think you don't have time to be physically active? Think again! Cool-E uses these chores to get his physical activity in for the day. Can you think of others?



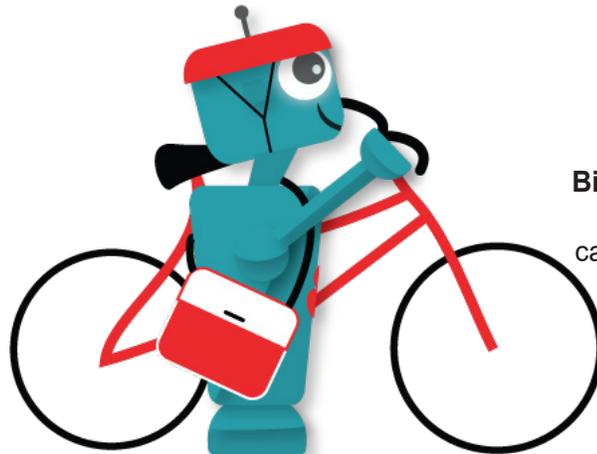
Dance and Dust:
burn 180
calories / hour



Wash Car:
burn 115 calories / hour



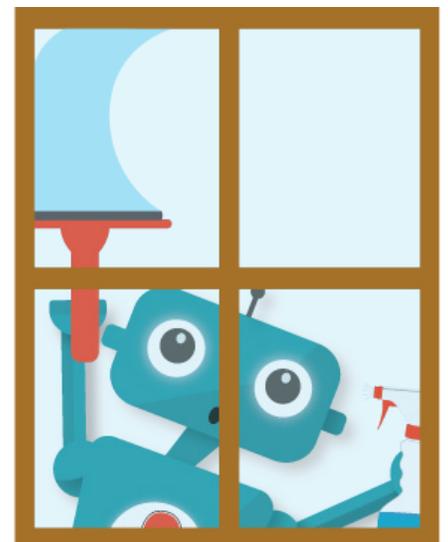
Rake Leaves:
burn 190
calories / hour



Bike to Store:
burn 190
calories / hour



Walk Dog:
burn 145
calories / hour



Wash Windows:
burn 240
calories / hour