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
- **Rake Leaves:** burn 190 calories / hour
- **Wash Car:** burn 115 calories / hour
- **Bike to Store:** burn 190 calories / hour
- **Walk Dog:** burn 145 calories / hour
- **Wash Windows:** burn 240 calories / hour