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

Wash Windows: burn 240 calories / hour

Walk Dog: burn 145 calories / hour

Bike to Store: burn 190 calories / hour