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