



# Get in Gear!

It's pretty simple. Moving around burns more calories. So have a little fun and get in shape at the same time!

<b>30 minutes of:</b>	<b>Will burn off:</b>
Racquetball	358 calories
Biking	214 calories
Dancing	161 calories
Yoga	143 calories
Horseback riding	143 calories
Walking (3 mph)	125 calories
Playing Frisbee	107 calories
Bowling	107 calories

*Calculations based on a 150-pound person. The number of calories for each activity will vary according to individual weight and level of activity.*

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