



Building Physical Activity into Your Life

Do you find it difficult to be physically active every day because you don't have time, feel tired, or the weather is bad? Exercise such as walking, swimming, and biking provide many benefits to your health. However, daily activities such as doing housework or climbing stairs can also burn calories.

Take a look at the following chart. The activities are sorted from high to low intensity (i.e. how hard you are exercising). You can see how gardening for 15 minutes and walking for 18 minutes use the same amount of energy.

See how you can build more physical activity into your daily life!

Different Activities Using the Same Amount of Energy

EXERCISE	High Intensity	HOME ACTIVITIES
Playing basketball Swimming (leisurely)	10 min	Mowing the lawn Shoveling snow (by hand)
Biking (for pleasure) Playing table tennis	15 min	Sweeping Gardening
Walking (for pleasure) Playing golf (with cart)	18 min	Walking down stairs Washing (car, windows)
Playing volleyball Doing Tai-chi	20 min	Walking your dog Carrying a small child (15 lbs or more)

Low Intensity

