

Fun Exercise Activities

-  Sightseeing - 102 calories burned (walking pace for an hour)
-  Walking the Dog - 130 calories
-  Gardening - 136 calories
-  Mowing the Lawn - 196 calories
-  Dancing - 219 calories
-  Tae Kwon Do - 752 calories
-  Painting Outside - 54 calories in 15 minutes

