BARIX CLINICS®
America's Leader in Bariatric Surgery

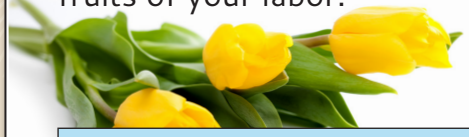
Health and Fitness Tips for Your Entire Family

HEALTHFUL TIPS

The Great Outdoors

Make those Spring Cleaning projects count!

Whether you love it or hate it, the fact is that spring brings yard work. Spring cleaning, fix-up projects and getting the yard in tip-top shape provide natural replacements for cold-weather gym workouts. There is something to the sense of accomplishment that comes along with the sore muscles from working on your yard and seeing the fruits of your labor.



The good news is that your efforts come at a calorie cost that can really add up, and muscles are strengthened and built differently than at the gym. Just to get you inspired, below is a list of the calories used during outdoor yard work. These were calculated using a 185# person for 30 minutes of work. A heavier person will burn more calories per hour and a lighter person fewer calories. The intensity of your work will also determine the exact calories burned.

ACTIVITY	CALORIES USED IN 30 MINUTES
Digging	315
Chopping and splitting wood	266
Mowing, push mower	244
Carrying and stacking wood	222
Mowing, power mower	200
Gardening	200
Raking leaves	178
Painting	160
Washing the car by hand	143

I am thankful for a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home... I am thankful for the piles of laundry and ironing because it means my loved ones are nearby.

Nancie J. Carmody

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