

THE HOLIDAY BURN

BY HELEN PUFAHL, RESIDENT CONTRIBUTOR

Christmas is one of my favorite times of year (even if my jeans disagree). While I love dessert, wine and all the comfort foods of the holiday – I also want to look and feel my best. That’s why I try to balance out my extra treats by burning more calories during the holidays.

Fitting in my regular workouts can be challenging!!! There is a better and I think, more productive way to keep fit, house-WORK.

The rundown on the butt-burning cleaning tasks! How do we know how many calories we are aiming for? I’ve picked a 5-kilometer run or 3.1 miles to give you some caloric comparison. The calories you burn will depend on your pace, your body size, and your gender. A 150-pound person running a 10-minute mile will burn 360 calories!

A clean house for the holidays!

WINDOW CLEANING

140 – 300 Calories/Hour

What’s your technique? Are you a little spray and wipe person, or are you working up a sweat scrubbing that window grime?

VACUUMING

170 Calories/Hour

I actually love Vacuuming... a little weird,huh? It gives a good effect for minimal effort! With my husband, 5 grown kids with spouses and 7 grandkids, muddy little feet are welcome any and all days – my little vacuum (and me) get a good workout!

CLEANING THE BATHROOM

360 Calories/Hour

Give those tiles, tub, shower and sink a good, long scrub and remove that icky soap scum. 15 minutes, you’ll burn more than 90 calories, while working out those wobbly underarms.

MOPPING

156 Calories/Hour

Sweeping or mopping those dirty floors is a great upper and lower body workout. Effective and highly productive workout yields sparkling floors. Need a little more elbow grease? Scrubbing on hands and knees adds another 30 calories.

DECLUTTERING/ CLEANING THE CLOSET

85 Calories/Hour

Packing away the seasonal gear or cleaning out the kitchen cupboard.

COOKING

150 Calories/Hour

Work up a sweat in the kitchen, standing, preparing food and cooking!

MOVING OR REARRANGING THE FURNITURE

400 Calories/Hour

Now you have reason to dust under the couch! Moving furniture around can burn another 100 calories in just 15 minutes, and even more if you have to move anything up and down stairs!

TALKING ON THE PHONE

90 Calories / Hour

Ok, there is a teeny tiny catch here. You need to be walking and talking to claim the full Calories credits.

Santa-This year, all I ask for is a big bank account and a slim body. Please don't mix up the two like you did last year!

Yours in Fitness,
Helen Pufahl

Helen’s love of fitness began at an early age. She practiced dance, gymnastics as well as track and field. She’s an Exercise Physiologist with 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Helen is the owner of Unique Health & Fitness.



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