

## Ten Activities That Burn 100 Calories

Burning 100 calories a day more than usual can go a long way in helping an individual lose weight. And burning 100 calories more a day can be very doable and enjoyable. Here are ten activities you can do to burn approximately 100 calories:

	Activity	Time
1	Brisk walking	10-15 min
2	Jogging	5-10 min
3	Dancing	20 min
4	Gardening	30 min
5	Housework	20-30 min
6	Biking	10 min
7	Light aerobic class	15 min
8	Lifting weights	10-20 min
9	Swimming	8 min
10	Standing	50 min

