



# 100 Ways to Burn (or Save) 100 Calories

QualityHealth®

## 100 Ways to Burn (or Save) 100 Calories



**Did you know that if you cut just 100 calories a day (through diet or exercise) you could lose a pound a month?**

**That's 12 pounds in a year!** Here, fitness expert Missy Groeger reveals 100 ways to burn 100 calories through movement or save 100 calories on your plate. Mix and match your favorite ideas—and you'll be on your way to developing long-term healthy habits and behaviors.

**Missy Groeger** is a top trainer at Reebok Sports Club in Manhattan and the fitness coach at Neighborhood Holistic. She works with each client on an individual basis, focusing on achieving long-term results through challenging and varied workouts, as well as centering on the positive, self-empowerment, and enjoyment aspects of the process.

Missy's clinical nutrition and pharmacological background, combined with her personal training career have enabled her to develop a comprehensive understanding of how to fuel the body with proper nutrition in order to reach optimal physical performance. Boxing, plyometrics, yoga, weights, and bands are examples of the tools Missy has utilized to develop her style of training today.

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**100** Have a salad as a side instead of fries.

- 99 Go on a brisk 15-minute walk at lunch.
- 98 Take the stairs every time.
- 97 Lift heavier weights for fewer reps to make your workout more intense.
- 96 Do 40 minutes of light-intensity biking.
- 95 Do 15-20 minutes of light-intensity swimming.
- 94 Research suggests that vitamin C and vitamin D may help you lose more fat. Aim for 400-500 mg of C and 800 mg of D a day.
- 93 Skip your morning juice and switch to water with fresh lemon.
- 92 Down five 5-ounce cups of green tea a day to boost your metabolism and burn more calories.
- 91 Become a pro at Wii™ boxing. It knocks out nearly twice as many calories as some other games, like Wii™ golf.

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**90** Do 20-30 minutes of vacuuming.

- 89 Have an appetizer for your main meal.
- 88 Listen to fast-paced music during exercise. This will actually make you work harder.
- 87 Alternate bouts of high-intensity and low-intensity cardiovascular exercise.
- 86 Add ankle weights to your workout.
- 85 Eliminate one piece of bread from your sandwich.
- 84 Play golf for 20 minutes, but be sure to walk the course—and no cart!
- 83 Break out that high-impact workout DVD you never opened, and start sweating—even if it's just for 15 minutes.
- 82 Play catch with your roommate—or soul mate. You'll burn calories and get plenty of fresh air.
- 81 Clean your car, including vacuuming and waxing it.

QualityHealth's Diet & Weight Loss Health Center



Visit our Diet and Weight Loss Health Center for all the information you need—from motivational tips to new weight-loss methods. Plus, get healthy and delicious recipes to help keep the weight off.

[Lose the Extra Pounds Now >>](#)

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80

**Jump rope for 15 minutes.**

- 79 Get your hands dirty with yard work. Gardening (raking and digging) and mowing the lawn can sometimes be better workouts than running.
- 78 Shovel snow...
- 77 ...and then help out your elderly neighbor and burn an extra 100 calories.
- 76 Go out and dance. Just 20 minutes of moderate dancing burns 100 calories.
- 75 Jog in place for 10-15 minutes.
- 74 Put your baby in a stroller and get moving.
- 73 Do full-body circuit training for 15-20 minutes.
- 72 Run a mile.
- 71 Shoot some hoops for 20 minutes.

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Do 30 minutes of yoga.

- 69 Go window-shopping at the mall but remember to park far away from the entrance. If you live in the city, 40 minutes of walking through the streets is all it takes to burn 100 calories.
- 68 Skip the butter on your popcorn.
- 67 Go grocery shopping, and if you can, walk to the store.
- 66 Take a Spin class—it can burn up to 500 calories. If you can't stay for the whole class, pop in for the warm-up or cool-down (if the instructor doesn't mind).
- 65 Do loads of laundry...
- 64 ...and then iron for 20 minutes to burn another 100 calories.
- 63 Play vigorous tennis for 15 minutes.
- 62 Be aggressive. Play touch football for 15 minutes.
- 61 Go rock climbing for 20-30 minutes.

## 7 Days To a Leaner You



This seven-day manual is full of healthy tips, effective exercises, and diet-friendly recipes.

[Get Your Guidebook Now >>](#)

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60

Play the piano for 35 minutes.

- 59 Cool things down. Go ice skating for 20 minutes.
- 58 Play soccer for 15-20 minutes.
- 57 Have 1 ounce of pretzels instead of potato chips.
- 56 Dust the floors for 40 minutes.
- 55 Do Pilates for 20 minutes.
- 54 Have salsa instead of guacamole.
- 53 Go rollerskating or rollerblading for 20 minutes.
- 52 Go sledding for 20 minutes.
- 51 Do karate for 20 minutes.

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**Use mustard instead of mayonnaise.**

- 49 Go fishing for 40 minutes.
- 48 Chop all your vegetables for the week.
- 47 Play squash for 15 minutes.
- 46 Play volleyball for 15 minutes.
- 45 Play ice hockey for 15 minutes.
- 44 Go in the sauna for 10 minutes.
- 43 Go skiing on at least two challenging trails.
- 42 Do intervals of mountain climbing for 10 minutes. Alternate between 30 seconds of quick movement and 30 seconds of rest.
- 41 Go horseback-riding for 25 minutes.

## Walk Off the Weight



Have fun and stay fit with our 1-week walking plan.

[Get Started Now >>](#)

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40

Choose sorbet instead of ice cream.

- 39 Tread water for 15 minutes.
- 38 Walk uphill for 15 minutes.
- 37 Use a leaf blower for 15 minutes.
- 36 Do intervals of crunches for 10 minutes. Alternate between 45 seconds of quick movement and 15 seconds of rest.
- 35 Kickbox for 15 minutes.
- 34 Chop down your own Christmas tree and carry it to the car.
- 33 Build something for 30 minutes.
- 32 Stand while talking on the phone or answering emails; you burn 20 more calories standing than sitting.
- 31 Skip the cheese on your sandwich.

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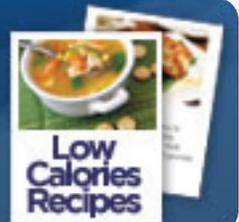
30

**Spend 30 minutes painting a room.**

- 29 Do intervals of knee raises for 10 minutes. Alternate between 30 seconds of quick movement and 30 seconds of rest.
- 28 Eat roasted chicken instead of fried.
- 27 Do jumping jacks for 15 minutes.
- 26 Go bowling for 20 minutes.
- 25 Wash the dishes and clean the kitchen for 30 minutes.
- 24 Take the dog for a 30-minute walk. Don't have one? Borrow a friend's pooch.
- 23 Use an elliptical trainer for 15 minutes at a moderate pace.
- 22 Cut out soda or iced tea, and drink water instead.
- 21 Have ½ cup less pasta or rice.

Take Our Health Survey

**How  
Healthy  
Are You?**



Take our health survey and qualify for great offers. Plus, receive a FREE Low Calorie Cookbook just for participating.

[Take the Survey Now >>](#)

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**20** Hula hoop for 15 minutes.

- 19 Carry around a medicine ball or sand bag during your next run.
- 18 Chop firewood for 20 minutes.
- 17 Ditch the biscuit and enjoy a whole-wheat roll instead.
- 16 Eat breakfast. This sends your body a signal that you're not starving, so it starts burning fat even when you're just doing normal activities.
- 15 Eat two fewer tablespoons of ice cream.
- 14 Drink approximately one less beer or glass of wine.
- 13 Cruise the mall for 40 minutes (resist stepping in any stores)!
- 12 Have fruit instead of cookies.
- 11 Do 10 one-minute activity bursts throughout the day. Example: 10 walking lunges from the kitchen to the bathroom.

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Play pool for 25 minutes.

- 9 Use a basket instead of a grocery cart. It's an excellent arm workout.
- 8 Play Rock Band® for 30 minutes.
- 7 Sing your favorite tune for 20 minutes.
- 6 Use a rowing machine for 15 minutes.
- 5 Carry your bags from the grocery store and unpack them.
- 4 Play volleyball on the beach for 12 minutes.
- 3 Have one glass of wine instead of a margarita.
- 2 Do a 20-minute workout with kettlebells.

1 Share dessert with someone special.



## FREE Grocery Store Coupons



You're ONE CLICK away from browsing hundreds of grocery store coupons—use anywhere these products are sold!

[Click and Save Now >>](#)