



## Accelerate Your Way to Fitness!



Ever wonder how many calories you're burning by being active? The amount of calories your body uses is determined by how hard the activity is, how long you do it and how much you weigh.

Below are activity levels grouped by how many calories they burn based off a **150 lb person** doing an activity for **30 minutes**.

### ACTIVITY LEVEL KEY

Red Light	Low Effort	35 – 65 calories
Yellow Light	Medium Effort	68 – 167 calories
Green Light	High Effort	170 – 426 calories

**Low Effort** – Activities that require little effort and should be done minimally. We recommend no more than 2 hours of screen time a day and the other red light activities should be limited.

**Medium Effort** – Activities that challenge your body but do not get your heart rate up high enough to tire you out or to sweat a lot. Yellow light activities are encouraged to be done as much as possible throughout your day.

Increasing your yellow light activities is a GREAT way to introduce physical activity into your daily lives!

**High Effort** – Activities that raise your heart rate and get you sweating! The goal is to do these activities for 30-60 minutes every day. Your body works the hardest with these activities which helps keep your heart healthy and burn more calories.



### **LOW EFFORT:**

All screen time  
Knitting or Sewing  
Getting your hair/nails done  
Reading  
Taking a nap  
Playing Board Games  
Sitting in the car  
Legos  
Etc.

### **MODERATE EFFORT:**

Baseball/Softball  
Cooking  
Bike riding for fun  
Dancing  
Wii/Kinect  
Gymnastics  
Walking  
Trampoline / Hula Hoop  
Doing chores  
Light weight lifting  
Etc.

### **HIGH EFFORT:**

Running or jogging  
Soccer or Basketball game  
Jumping rope  
Swimming laps  
Karate  
Boxing  
Roller blading  
Walking stairs  
Shoveling snow  
Hiking  
Etc.