



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.