

## Twenty Ways to Burn 20 Calories

1. Do twenty abdominal crunches slowly (four seconds up, four seconds down) before going to sleep. Follow with gentle stretching.
2. Walk upstairs twice.
3. Do twenty toe raises while standing in line (at the grocery store, for example).
4. Walk briskly to the bus stop and again from the bus to the schoolyard.
5. While standing in front of the television, do forty side jacks with large arm movements.
6. Also while standing in front of the TV, do twelve leg squats slowly (four seconds down, four seconds up).
7. Walk briskly five times through the school halls.
8. Slowly press your arms above your head fifteen times (four seconds up, four seconds down) while sitting in a chair or in front of the TV
9. In that same chair, do twelve double leg extensions slowly (four seconds up, four seconds down).
10. While watching your favorite television show, do sitting stretches for the duration of the show.
11. Walk briskly through the grocery store aisles.
12. March in place for five minutes anywhere!
13. Do fifteen leg curls on each leg and follow with gentle stretching each night before bed.
14. Ride your bike to your friend's house.
15. Skip rope for five minutes.
16. Dance to two of your favorite songs without stopping.
17. Help Mom or Dad with the housework for ten minutes.
18. Help Mom or Dad with yard work for ten minutes.
19. Clean out your closet for fifteen minutes.
20. Stand up and do five cheers at your hometown's next football game. The team will probably love you for it!