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| Activity | Estimate of calories burned | Actual calories burned |
| Walking up 3 flights of stairs |  |  |
| Brushing teeth (2 minutes) |  |  |
| Grocery shopping while pushing a cart (1 hour) |  |  |
| Playing cards (3 hours) |  |  |
| Shoveling snow (30 minutes) |  |  |
| Aerobics (1 hour) |  |  |
| Running up the stairs (1 hour) |  |  |
| Sleeping (.5/lb.) |  |  |
| Washing dishes (5 minutes): |  |  |
| Weight Lifting (1 hour): |  |  |