

A silhouette of a person performing a handstand against a blue sky with scattered white clouds. The person is inverted, with their feet at the top and hands on the ground. The lighting is bright, creating a high-contrast silhouette.

try our sensible weight-loss plan  
and these may be the only  
EXTRA POUNDS you carry around

# top 10 ways to burn 100 calories – and HELP YOUR CHILD in the process

Looking for ways to burn calories AND play with your child? It's possible – and fun. By burning just 100 additional calories a day, you can lose up to 10 pounds a year! Not only will you benefit but your child will too. The whole family will stay fit, experience fun memories, and learn to love the feeling of being active.

1. Dance during TV commercials.  
**10-15 minutes**
2. Kick around a soccer ball with your child.  
**10-15 minutes**
3. Walk the stairs while counting.  
**10-12 minutes**
4. Play at the park. **45-50 minutes**
5. Clean/vacuum/mop the floors.  
**25-35 minutes**
6. Rake leaves. **20-25 minutes**
7. Shovel sand – or snow. **10-15 minutes**
8. Take a walk. **15-25 minutes**
9. Wash and wax the car. **20-25 minutes**
10. Put on music and dance around the house.  
**10-15 minutes**

## 10 more weight-loss ideas – and these you can do sitting down!

The ten tips below are designed for you, not your child. But by eating smart, week in-week out, you can set an example for your child that will positively influence their eating patterns as they grow older.

1. Sip water or diet soda instead of regular soda.
2. Add mustard instead of mayonnaise on sandwiches (or use low-fat mayo).
3. Top salads with salsa instead of salad dressing.
4. Order thin-crust rather than thick-crust pizza.
5. Eat half a bagel instead of a whole one.
6. Make your sandwiches open-faced.
7. Drink fat free rather than whole milk.
8. Keep meat servings to the size of your fist (or smaller).
9. Order small hamburgers without dressings instead of large, specialty burgers.
10. Savor small, bite-sized candy bars instead of larger sizes.



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THTM material and concept provided by MA Dept. of Health

