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CALORIE
BURNING
ACTIVITIES

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PROLOGUE

Our bodies need calories. Depending on age and sex, we need anywhere between 2000 and 2600 calories every day. Unfortunately, most of us consume double and triple this number. The good news is there are many activities that you can do to get rid of those unwanted calories. This eBook will help you to understand and decide which activities are right for you.

Keep in mind that all calorie-burning examples in this eBook are based on a person weighing 150 pounds. If you weigh less, you'll burn fewer calories; if you weigh more, you'll burn more calories.