

How to Extend Your Life Without Workouts

You know the slightly winded feeling you get when you're rushing to catch a train or scrubbing a tough stain on the floor? That feeling means you're exercising hard enough to enjoy real health benefits—in numerical terms, burning 4.5 or more calories a minute if you weigh about 130 pounds or 6 calories a minute if you weigh about 180. (The heavier you are, the more calories an activity burns.)

Burn about 200 calories a day beyond your normal output by doing things like weeding or biking to work: You'll cut your risk of disease and live longer—without ever going near the gym. Not all household tasks qualify, though. Changing bed linens or putting on makeup, for instance, burns but 2.5 calories a minute; doing the dishes, just 2.3. Walking around the office (3.5) won't cut it either. The important thing is to get your heart rate up and breathe a little harder. When you vacuum, it won't count unless you're a whirling dervish. When you walk the dog, make sure the dog is trotting after you.

Here are the calories burned by 20 common activities.

CALORIES BURNED (10 MINUTES)	FEMALE	MALE
Walking fast	45	60
Painting	45	60
Weeding	45	60
Passionate sex	45	60
Washing a car	45	60
Playing tag with a child	50	67
Cleaning gutters	50	67
Pushing a lawn mower	55	73
Square-dancing	55	73
Scrubbing floors	55	73
Hiking off-trail	60	80
Biking to work	60	80
Shoveling snow	60	80
Moving furniture	60	80
Walking up stairs	70	93
Cross-country skiing	80	106
Backpacking	80	106
Carrying a two-year-old up stairs	80	106
Running to catch a plane	115	153
Running up stairs	150	200

*Figures are for a 132-pound woman and a 176-pound man.