No Excuses

Even with zero time to exercise, you can still work out.

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If you think about it, doing chores is a workout. That's right—just tidying up around the house can help you shed pounds and tone and build muscles. Here's how.

The number of calories a person burns doing housework depends on his or her weight and the intensity and duration of the activity. For example, an individual who weighs 150 pounds can burn 119 calories during 30 minutes of vacuuming and an extra 153 calories mopping for one hour.

But activities outside the home, such as gardening, can also serve as effective forms of exercise. For example, findings from one study showed that digging, weeding, raking, mulching and hoeing expend a significant amount of energy.

Still, it's important to note that cleaning and doing yard work shouldn't replace traditional exercise. These two kinds of activities can differ greatly in intensity, so experts suggest that you engage in a variety of vigorous tasks both indoors and out.

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http://beta.docker.realhealthmag.com/article/excuses-exercise