

Little Changes Make Big Differences

Description of Your Little Changes	Daily Caloric Impact	Yearly Caloric Impact	Annual Weight Loss (Estimated)
1) Climb one extra flight of stairs	5	1,750	10
2) Leave one slab of butter off the pancakes or baked potatoes	30	10500	3
3) Walk in your neighborhood until you find a penny (10 min. average)	50	17500	5
4) Manually operate your TV	6	2100	0.6
5) Loop the living room every time you change a channel	10	3500	1
6) Give up your evening candy or ice-cream treat during TV news	200	70000	20
7) Pull 10 weeds from your garden	10	3500	1
8) Park 100 extra yards away from your work entrance	5	1750	0.5
9) Stoop to pick up a few soda cans	3	1000	0.3
10) Walk ten minutes after each meal	15	5250	1.5
11) Rise up and stretch 5x at work	8	2800	0.8
12) Eat twice as slowly by placing your fork down after each bite	20	7000	2
13) Substitute one stick of celery for one sucking candy	10	3500	1
14) Replace one fatty food with one carbohydrate-rich food	100	35000	10
15) Walk 8 extra minutes a day	40	14000	4
16) Walk 12 extra minutes a day	60	21000	6
17) Walk 15 extra minutes a day	80	28000	8
18) Cut your own lawn 20x a year	400	8000	2.3
19) One less doughnut per week	200	10000	2.8
20) One less ice-cream cone per week	200	10000	2.8
21) Five less tablespoons of salad dressing per week	300	15000	4.3
22) Walk one extra stop before hopping on the bus	25	8500	2.5
23) Eat three less M&M's per day	15	5250	2.1
Total Weight Loss Credit		284,900 Calories	81.4 Pounds