

## Healthy Lifestyles – Marshfield Area Coalition’s

### Hints for Health

*Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health”. Check out these fun facts about calories burned during summer activities. Enjoy!*

#### Summer Activities Can Help You Burn Calories

In 30 minutes of activity a 155 pound person can burn the following number of calories:

- 172 calories burned while gardening
- 223 calories burned while splitting wood
- 223 calories burned while swimming
- 260 calories burned while rollerblading
- 298 calories burned while playing beach volleyball
- 186 calories burned while playing softball
- 167 calories burned while walking at a 15 minute mile pace

You can burn calories and have fun doing the activities that you enjoy.  
Get out there and be active this summer!

#### Did you know...

It’s easy to make your cookout healthy! Here are a few veggies that you can throw on the grill with your lean cuts of meat.

Leeks: Remove tops and cut lengthwise. Brush with oil and grill for 11 to 13 minutes on each side. Total grill time: 22-26 minutes

Peppers: Remove seeds from inside and cut into rings or strips. Brush with oil and grill 3-5 minutes on each side, turning occasionally. Total grill time: 6-10 minutes

Summer Squash: Cut lengthwise in ½ inch strips and lay on grill with cut side facing down. Grill 3-5 minutes on each side. Total grill time: 6-10 minutes

Zucchini: Cut lengthwise in about ¼ inch pieces and brush with oil and garlic. Grill about 4 minutes on each side until grill marks appear. Total grill time: 16 minutes