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Calorie Counter: Weight loss by the numbers

By Brianna Snyder/HealthyLife Published 01:00 a.m., Saturday, January 1, 2011



(HealthyLife)

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The litte changes do indeed add up!

If I ...

1. ...Spend 5 minutes every day making my bed, I'll have burned more than 4,000 calories in a year of bedmaking.

caloriesperhour.com

2. ...Jump rope for 15 minutes a day, I'll burn about 150 to 200 calories (depending on weight) and could lose 15 pounds in a year.

caloriesperhour.com

3. ...Take only what my hands (not my arms) can hold to the washing machine and walk all the way around the inside of my house (or up and down the stairs) each time I go back for another handful, I can burn as many as 1,080 over the course of a month.

http://www.bhg.com/health-family/weight-loss/diets/lose-5-pounds-with-calorie-savers/

4. ... Stand up on my toes 200 times while doing the dishes, I'll have burned 36,000 calories in a year. (That's a potential 10 and a half shed pounds.)

http://www.bhg.com/health-family/weight-loss/diets/lose-5-pounds-with-calorie-savers/

5. ... Spend an hour of my day standing at the computer rather than sitting, I'll burn 36 more calories an hour. If I do this every day, I could lose almost four pounds in a year, just by standing instead of sitting.

http://www.rd.com/living-healthy/8-ways-to-burn-calories-without-noticing/article16261.html

6. ... Laugh for 10 to 15 minutes, I can burn up to 50 calories.

http://www.msnbc.msn.com/id/37378884

7. ... Skip a glass of wine a week, I could save consuming an extra 5,200 calories in a year.

http://www.davidstuff.com/wine/calories.htm

8. ... Stay away from bread and butter when dining out, that's about 200 calories. Assuming I go out once a week on average, I could lose three pounds in a year by eating everything else I usually do at a dinner out, except the bread.

http://thebodyyouwant.com/newsletter-30

9. ... Park all the way at the back of the parking lot whenever I go to the grocery store, I could burn an extra 50 calories or so.

http://www.elitifieducate.org/personal-training/victor-articles/77-20-ways-to-move

10. ... Tap my feet, jiggle my leg, move my hands when I talk, drum my fingers and wiggle my toes, I can burn an extra 350 calories a day just by fidgeting.

http://articles.webraydian.com/article20577-Top_10_tips_to_burn_more_calories_during_your_normal_day.html

11. ... Drink five gin and tonics a week, I'll have consumed 410 empty calories and could gain six pounds in a year.

http://www.dietbites.com/CalorieIndexDrinks.html

12. ... Order a burrito instead of a taco at my favorite Mexican restaurant, I'm adding nearly 100 calories to my meal.

http://www.thatsfit.com/2009/12/03/cut-calories/

13. ... Order fries with that, it's an extra 210 calories for a small, 450 for a medium. That adds up fast. Assuming I eat two small french fries a month, that could add a pound in a year, just in french fries alone.

http://www.fatfreekitchen.com/junkfoods/modonald-nutrition-fries.html

14. ... Eat pepperoni pizza instead of cheese, I'll be eating an extra 50 calories per slice. So if I eat three pieces of cheese pizza twice a month, that's 1,632 calories. Pepperoni is 1,944.

http://www.dietbites.com/calories/calories-in-pizza.html

15. ... Put two tablespoons of sugar and one tablespoon of half-and-half in my coffee, and I drink three cups of coffee a day, I'll have consumed 348 calories. At the end of the week, that's 2,436 calories. At the end of the year, it's 126,672. I could gain as many as 35 pounds in a year. (I checked the math on this several times, and am totally freaked out.)

http://www.diet-blog.com/08/how_many_calories_in_coffee.php

16. ... Eat only one slice of bread with my sandwich, I will save 100 calories. So if I bring a sandwich to lunch every day to work and start taking off the top slice of bread, I'll be consuming 500 fewer calories, and could lose seven and a half pounds in a year.

http://www.weightlossforall.com/calories-bread.htm

17. ... Eat an orange every morning instead of drinking an 8-ounce glass of orange juice, I'll have consumed just 85 calories rather than 112. At the end of the week, I'll have saved 189 calories.

http://caloriecount.about.com/calories-oranges-i9200

18. ... Eat two slices of regular bacon every day, I'd be consuming 250 calories. If I switched to Canadian bacon, I'd only be eating 90. That's 91,250 calories a year (26 pounds!) for regular bacon, and 32,850 calories for Canadian bacon (about 9 pounds).

http://www.healthcastle.com/cut_calories2.shtml

19. ... Cut down on my portions of rice, pasta or noodles by just 1/4 cup, I'd save between 45 and 60 calories per serving.

http://www.healthcastle.com/cut_calories2.shtml

20. ... Use a nonstick pan with a cooking spray instead of butter or margarine, I could consume six calories instead of nearly 100.

http://www.healthcastle.com/cut_calories2.shtml

22. ... Shaved off an ounce from my meat portions, I'd be eating 50 fewer calories.

http://www.shrinkingsisters.com/shrinking_sisters/2010/10/get-fit-friday-8-calorie-cutting-tips-and-one-from-me.html

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