Avoid Portion Distortion!

Portion *Distortion*

20 YEARS AGO	TODAY	DIFFERENCE
333 Calories	590 Calories	257 MORE CALORIES

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*

20 YEARS AGO	TODAY	DIFFERENCE
500 Calories	850 Calories	350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*

20 YEARS AGO	TODAY	DIFFERENCE
500 Calories	1,025 Calories	525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO	TODAY	DIFFERENCE
85 Calories	250 Calories	165 MORE CALORIES

Working in the garden **35 MINUTES** burns approximately 165 calories* **Based on 160-pound person*

20 YEARS AGO	TODAY	DIFFERENCE
210 Calories	500 Calories	290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*

20 YEARS AGO	TODAY	DIFFERENCE
270 Calories	630 Calories	360 MORE CALORIES

Doing water aerobics for **1 HOUR AND 15 MINUTES** burns approximately 360 calories* **Based on 160-pound person*

Source: "Portion Distortion" by the National Heart, Lung and Blood Institute; http://hin.nhlbi.nih.gov/portion