

Portion Distortion

20 YEARS AGO



333 Calories

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

TODAY



590 Calories

DIFFERENCE

**257
MORE
CALORIES**

20 YEARS AGO



85 Calories

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

TODAY



250 Calories

DIFFERENCE

**165
MORE
CALORIES**



500 Calories

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



850 Calories

**350
MORE
CALORIES**



210 Calories

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



500 Calories

**290
MORE
CALORIES**



500 Calories

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



1,025 Calories

**525
MORE
CALORIES**



270 Calories

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



630 Calories

**360
MORE
CALORIES**