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## 20 Ways to Burn 200 Calories

9:53 AM Posted by Pink Lemonade Liz



As part of SELF's Reach Your Goals Program, they've found 20 ways to burn 200 calories (fast and fun!), read on to see which will fit your lifestyle...



### Get in the Swing of Things

Try your hand at the driving range for 62 minutes, or better yet, sign up for the Get Golf Ready program. For only \$99, you'll pair up with an LPGA or a PGA pro who will give you and other "swingers" five hour-long lessons. You'll learn everything you need to know to play, including how to drive, chip, putt and score (as well as how to rock sweater vests, plaid knickers and knee socks). [Locate a participating club in your area.](#) Once you're ready to play 9 or 18 holes, forgo the golf cart and walk the course instead—you'll scorch nearly 50 percent more calories per minute.

Photo: Riccardo Tinelli

### Meet in a Dark Alley

Round up your pals and head to the bowl-orama. Even if you have a light beer, you'll still strike 200 calories in 90 minutes.\* (Skip the beer, and you can do it in about an hour.)

\*Calculations based on a 135-pound woman.

Photo: Photolibrary.com



### Go Green

Pimp out your bike with a Peterboro wooden basket (\$34; [REI.com](#)) and an Electra I ♥ My Bike bell (\$8; [REI.com](#)). Then "run" your errands—to the market, the wine shop, the bakery—on two wheels. You'll burn 200 calories in 23 minutes (or 4.6 miles) of pedaling.

Photo: Thayer Allyson Gowdy

### Strike a Pose

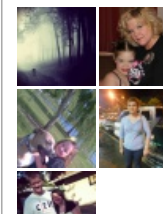
Vinyasa yoga, the kind in which you move fluidly from pose to pose, torches more than 7 calories per minute, making it twice as efficient as pilates in terms of sheer calorie burn. Try a [butt-firming Vinyasa workout](#), or take a class. You'll zap those 200 calories (and get flexy and sexy!) in the first 29 minutes.



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**Grandmother Knew** (Ballantine), as well as tons of fresh vegetable-based recipes. That's about as locally grown as it gets!

Photo: Stephanie Rausser

## Plunge Right In

Go deep! You'll sizzle 200 calories in 27 minutes taking a scuba lesson. Three great reasons to try: Diving burns more calories per minute (7.5!) than working on the elliptical (7). You'll feel weightless while you exercise. And it gives you an airtight excuse to fly off to some gorgeous tropical place—you know, in the name of fitness. What could be better? (An adorable instructor, perhaps?) Locate a scuba course near you at [PADI.com](http://PADI.com).



Photo: Tim Davis/Veer



## Clean Your Wheels

Cruise past the car wash and save 12 bucks. Instead, slip on some shorts and flip-flops, crank up your radio and hose down your wheels (and hubs and roof) for 31 sudsy minutes. Spend another 31 minutes drying and waxing your car and soon you'll spy the reflection of your buff bod in your buffed ride.

Photo: Anne Menke

## Have a Stairing Contest

Set aside 15 minutes, stand at the bottom of a flight of stairs, and do superfast step-ups. Leading with the same leg, step up and down a single stair 30 times; switch legs and repeat. Then do 10 incline push-ups with your hands on the stairs. Repeat this three-minute cycle five times.



Photo: Riccardo Tinelli



## Start Kidding Around

Log on to the [Big Brothers Big Sisters of America website](http://Big Brothers Big Sisters of America website) and volunteer to be a buddy to a young girl in need. Take your new pal to the local park for some old-fashioned frolicking in the grass: Turn cartwheels and somersaults for 10 minutes (43 calories), swing side by side on the swing set for 21 minutes (113 calories), and finish with a five-minute game of tag (44 calories). Giggling burns calories, too!

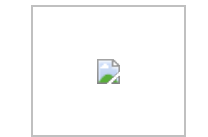
Photo: Arthur Elgort

## Make a U-turn

Feel the need for speed? This 20-minute interval fun-run was designed by Jerry Macari, creator of the RunUrban training program in New York City: Jog for 10 minutes at an easy pace. (On a scale of 1 to 10, where 1 is watching *Dancing With the Stars* and 10 is competing on it, aim for a 4.) After 10 minutes, do an about-face and run hard (aim for a level 8 or 9) for two minutes. Rest for 30 seconds. Repeat four more times.



Photo: Riccardo Tinelli





### Set out on a Dandelion Hunt

Be a weekend weeding warrior! Spend about 40 minutes picking pesky dandelions from your yard. Use the yellow flower petals (you'll need about 2 quarts) to make your very own sweet-as-sunshine dandelion wine. Store the brew for six weeks, then chill, pour and toast your can-do spirit. Find the recipe at [Self.com](#).

Photo: Francoise Deconinck

## Take the Late-Night Make-Out Challenge

For the next 10 weeknights, climb into bed with your honey and tune in to a late-night talk show. Whenever there's a commercial break, start kissing and don't stop until your favorite gap-toothed, big-chinned or deadpan-delivery host returns. You'll lock lips for about 18 minutes a night—the total commercial time per hour, according to TNS Media, a media analysis company. Smooching burns 1.1 calories a minute, so you'll kiss off 200 calories in 10 nights.



Photo: Riccardo Tinelli



## Master the "Single Ladies" Dance (Finally!)

No doubt, this song will be played at every bar, club, wedding and bar mitzvah you attend for the rest of your life. Learn the moves! Warm up like Beyoncé with pliés: Stand with heels together, toes out. Keeping your back straight, lower into a squat for eight counts. View the video on YouTube and practice for 29 minutes, or about nine times through the 3:13 song—you'll know the steps, the lyrics and how it feels to be Sasha Fierce!

Photo: Christopher Stevenson/Photolibrary.com

## Kick Some Grass

Join a local soccer team (locate one at [Active.com](#)) or hop into regular pickup games in the park, and see how many goals you can score in only 27 minutes. Research from the University of Copenhagen in Denmark shows that women who take up soccer as their new exercise routine sculpt stronger legs faster than those who take up running. They're more likely to stick with it, too.



Photo: Riccardo Tinelli



## Discover a Swimming Hole

For homegrown directions (e.g., "You'll see a sign painted on a rock; follow the creek for a mile") to some gorgeous and swimmable rivers, quarries or waterfalls in your state, log on to [SwimmingHoles.org](#). Many require a short off-road trek, but you'll scorch all 200 calories with a brisk 10-minute hike there, a 10-minute splash in the water and a 10-minute hike back to your car. Don't forget to bring your camera—these hidden spots are usually picturesque.

Photo: Getty Images

## Wrap Up in a Snuggie

On a rainy Sunday, it's the best way to hibernate: Cozy into your couch for three hours and 14 minutes of your favorite DVD. Did you know that *Titanic*, by now a classic, is exactly that long? Sigh. Leo.

Photo: Thayer Allyson Gowdy



Learn more about [SELF's Reach Your Goals Program](#)

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