



Let's Get Physical
Week 5: Be a Healthy Home Ninja!
Tiffany Hall 29/04/10

Calorie burn based on average 70kg weight for 20 minute exercise with the pay off

- Walking up stairs with one heavy item for twenty minutes = 210 calories (40g raw nuts)
- Letter box laps = 163 calories (one Tim Tam)
- Squats with household item = 210 calories (two sushi tuna rolls)
- Biceps curls with household item = 105 calories (one glass of wine)
- Marching dishes = 93 calories (120g spaghetti bolognese)
- Running up stairs = 230 calories (one slice of Hawaiian pizza)
- Walking up stairs = 186 calories (50g of Camembert cheese)
- Hill climbs = 186 calories (two pieces of white bread)
- Walking whilst carrying baby 7kg = 93 calories (one cup of orange juice)
- Walking on treadmill at 6.5km/hr whilst watching The Circle = 700 calories (one bowl of ice cream)
- Clothes line laps at a brisk pace = 340 calories (half a croissant)
- Punching whilst holding a household item = 440 calories (one muffin)
- Couch kicks = 310 calories (one chocolate bar)
- Martial arts = 700 calories (Chrissie's favourite exercise – kicking and punching combo! Burns two large bowls of fries!)
- Dining room dips = 105 calories (one cup of chocolate milk)
- Vacuuming with a full backpack = 200 calories (one full cream milk latte)

HEALTHY HOME NINJA EXERCISES

Shopping bags

Fill shopping bags with heavy items and perform the following exercises. Tip: avoid plastic bags!

Squats
Lunges
Step ups
Bent over rows
Shoulder press
Stair climbs

Bicep milk curls

Bicep curls with one litre milk bottles, held from the handle. If you are out of milk you could use rice containers, phone books, candle sticks, discarded bricks or even a ream of paper.

Advance to:

Air punches

Front shoulder raises

Shoulder flies

Place the heavy item in your lap and perform dips

Place the heavy item on your chest and perform sit ups

Sports bag

Fill a sports bag with heavy items. If you don't have a sports bag yet, fill up a mop bucket with water.

Squats

Bent over rows

Steps ups

Shoulder press

Stair climbs

Water bottles

Fill 4L water bottles

Triceps extensions

Picks ups

Walking hallway lunges

Chair dips

Advance the exercise by placing a heavy coffee table book in your lap.

Fridge push ups

Lean up against the fridge and push yourself away from it.

Couch kicks

With hands on the arm of the couch, kick one leg out at a time.

Diamond push ups on back of couch.

Laundry lifts

Lift the laundry basket above your head

Ab ad breaks - work your abs every commercial break during The Circle.

Swivel-chair push and pulls

On bended knee roll the chair out as far as you can then snap it back for a core work out.

Marching dishes

March on the spot whilst doing the dishes

Close line laps

Walk ten laps of the close line whilst listening to your favourite book on tape or podcast.

Letterbox laps.

Jog twelve laps from your house to the letterbox.

Hill climbs**Phone fat blast**

Walk laps of the hallway whilst you talk to a friend.

Domestic fitness:

Vacuum with a full backpack to add resistance

Wax on, wax off window washing.

Ditch the mop and wash the floor with two wet towels - make your feet scrub.

Hang out the washing with squat jumps instead of bending from your back.