

Fun Ways To Burn 500 CALORIES



Bowling – 2 hours

Horseback
Riding – 1 hour
45 minutes



Hula Hoops – 50
minutes

Kayaking – 55
minutes



Playing With A
Frisbee – 2 hours

Playing With Kids –
1 hour 30 minutes



Snorkeling –
1 hour 20 minutes

Surfing – 1 hour



Guide To Burning Calories

M Mosston



Guide To Burning Calories:

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