



# BalanceHealth<sup>SM</sup> Newsletter

May 2017 | Written by the wellness experts at eni



## Fast, Fun & Fit

With summer just around the corner, there are plenty of fun ways to take your fitness routine outdoors and burn off some extra calories.

To help you have some fun and get fit, **eni's** Wellness Experts have adapted an article from the Huffington Post on summer activities that can burn 50 calories in a relatively short amount of time (based upon a 150 pound person).

### Let the summer fun begin:

Riding a bike for just 7 minutes can burn 50 calories.

Hiking is a great total body workout and just 6 minutes can burn 54 calories.

10 minutes of tennis can burn 59 calories and 10 minutes of badminton burns 54 calories.

12 minutes of Ping-Pong burns 54 calories.

For a super quick calorie burn, jump rope. You can burn 59 calories with 5 minutes of jump rope.

Rollerblading is another great way to burn calories. In four minutes, you can burn 54 calories.

Looking for something even more intense? You can burn 50 calories in just 4 minutes of rock climbing.

Another fast calorie burner is flag football. You can burn 54 calories in just 6 minutes.

Playing basketball can also help you burn 54 calories in 6 minutes.

Soccer can help you burn 79 calories in 10 minutes.

Play a round of golf. You can burn 54 calories in only 10 minutes.

Want to include the little ones? 15 minutes of mini-golf burns 54 calories.

For more information or advice about fitness, contact your Wellness Coordinator by calling:

**1.800.327.2255**

**eni's BalanceHealth** program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.



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Throw the ball around. Playing catch for 18 minutes can burn 54 calories.

Hit the open water as 10 minutes of kayaking can burn 59 calories.

Want to tone your abs and burn calories while in the water? Try paddle boarding, which can burn 54 calories in 12 minutes.

Ready for more water fun? Jet skiing can burn 56 calories in just 7 minutes.

Looking for something a bit more tranquil? You can burn 51 calories, sailing for 15 minutes.

If you prefer just hanging out in the water, try treading water in intervals adding up to 12 minutes and you will burn 54 calories.

Another great way to burn calories in the water is through water aerobics. Just 12 minutes will help you burn 57 calories.

If you love the beach but prefer to stay out of the water, try beach volleyball to burn 57 calories in only 6 minutes.

You can burn 51 calories, fishing for 15 minutes.

Make fitness a family affair, chasing your kids around the yard for 12 minutes can help you burn 57 calories.

Don't forget about the dog, playing fetch can help you burn 50 calories in 15 minutes.

If you have a baby or toddler take them for a walk as pushing a stroller for 20 minutes can burn 59 calories.

Outdoor chores can double as great calorie burners. In fact, mowing the lawn for 8 minutes can help you burn 52 calories.

Washing your car for 15 minutes can burn 54 calories.

Gardening for 12 minutes can burn 54 calories.

Finally, fire up the BBQ! Grilling for 19 minutes can burn 50 calories and result in some tasty and healthy food.

Remember that **eni's** Wellness Experts are available to help our members develop a fitness plan that works for them!

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