

goodhealth

Christmas BY THE *Numbers*

There's no denying that the winter holidays can be a minefield for those of us trying to stay healthy. But did you know that some of your favourite Christmas activities and foods might actually be good for your body, too?



Kill two birds with one stone by doing some cardio while you grocery shop!



can burn 170-200 calories per hour while walking slowly and standing in line as you go shopping, with even more burned if you carry heavier bags.

500 **Rocking around the Christmas tree isn't just**

fun—all that dancing can seriously burn off the calories. So even if you've been skipping your weekly Zumba classes over the holidays, don't fret; you can still make up for it by pulling on your party shoes and heading out for a night on the town.

60 **The cosy, intimate nature of the holidays**

can often lead to things heating up in the romance department, so if you've been hankering for some quality time with your husband, try making the most of the opportunity to shuttle the kids off with their grandparents or other relatives for a while—according to Livestrong.com, a 72kg person can burn about 60 calories having moderately active sex for around 30 minutes, making it good for both your waistline *and* your libido!

1,800

After all of that celebrating, there's bound to be a lot of mess left—especially if you end up having a party for all of the kids in the neighbourhood. But spending four hours picking up trash, tidying and generally cleaning up can help you burn



up to 1,800 calories—not to mention it'll leave you with a sparkly clean environment when you're done. Consider it a truly worthy investment all around!

72 **After your house is spick and span**, you

won't want the family mucking it up by tossing their dirty clothes all around the house. Piles of laundry are inevitable even around the holidays, but don't worry—laundry day has its benefits, too, with approximately 72 calories burned for each 30 minutes spent folding clothes. Ironing also burns calories—at around 75 per 30 minutes of ironing—so all in all, laundry day is even more rewarding than you'd think! Just don't tell the kids...



300 **You can burn up to 300 calories**

doing general household chores— and around Christmastime, we like to count decorating your home (through putting up lights and wreaths, not to mention decorating the tree) as part of those household chores. Meanwhile, rearranging the furniture to turn your living room into a makeshift Santa's Grotto can help you burn up to 240 calories within 30 minutes, while even writing Christmas cards out to family and friends for a couple of friends can help you burn off about 150 calories. Sounds like a mighty festive way to burn off those extra mince pies and candy canes to us... →

100 **Late for your Christmas holiday flight?**

While running pell-mell from one end of the airport to the other to make sure you board your plane on time certainly won't do you any favours in the anxiety department, at least it'll help clock off some activity from your exercise to-do list—running a mile burns 100 calories, so hop to it!

240 **Shopping for all those groceries**

required to make your delicious Christmas dinner feast is tough work—especially if you're lugging around a big, hefty frozen turkey—so even if you're piling your trolley full of tasty, rich comfort foods that won't help your waistline, you can feel a little better knowing that pushing that trolley up and down the supermarket aisles for an hour will burn around 240 calories.

200 **Trawling the malls** to shop

for the ideal Christmas presents and standing in long checkout queues may seem like a drag at the time, but by hitting the shops you're also getting in some cardio—a 68kg person



Season your dinner with herbs for added nutritional benefits!

150 **Spending an hour cooking** a delicious meal might ensure that it's so tasty you'll eat more than your fair share back, but at least you'll know that you'll be burning off around 150 calories while you're actually cooking it!

120 **Since singing for 60 minutes** can burn around 120 calories, caroling has never sounded so appealing. Whether you're boring your family with "Rudolph the Red-Nosed Reindeer" for the millionth time or you're serenading your neighbours with your own rendition of "White Christmas," we guarantee that this is one activity that'll really up the ante on the festive cheer.



343 **Each cup of eggnog** contains about 343 calories. Hate eggnog? A Tall cup of Starbucks's special seasonal Pumpkin Spice Latte made with 2 per cent fat milk and topped with whipped cream will set you back 300 calories.

39 **In 2002, researchers at the US Department of Agriculture** tested 39 different types of herbs to discover their health benefits, and found that herbs such as dill, thyme, oregano, rosemary and peppermint contain a ton of antioxidants—just one tablespoon of fresh oregano was found to contain the same amount of cancer-fighting antioxidants as one medium-sized apple—making them the perfect healthy way to add flavour and spice to your Christmas dinner.

5 **According to researchers at Cornell University,** hot cocoa contains so many antioxidants that their potency is actually five times stronger than the antioxidant concentration found in black tea—giving you one more excuse to indulge in it. Keep your hot chocolate healthy, though, by making it with skim instead of whole milk, and avoiding adding extra sugar.

32 **Just one 115 gram serving of turkey** contains about 32 grams of protein, making up about 65 per cent of your recommended daily intake—not to mention plenty of essential amino acids, trace minerals to help prevent cancer, selenium to help improve your thyroid function and immune system, and plenty of vitamins B3 and B6.



80 **Once your living rooms, gardens and general living spaces** are all tidied up with the trash thrown out, don't forget to dust—dusting surfaces for just 30 minutes burns around 80 calories. If it's vacuuming you need done, you'll burn about 160 calories by vacuuming for 45 minutes. ■