



Last call...
For outdoor exercise



This is your last chance! Get out there before winter sets in

Crank Up The Calorie Cost With Outdoor Activities

Hiking

- Calorie Cost? 438-654 calories per hour

Biking

- Calorie Cost? 292-436 calories per hour at a leisurely pace

A Pick-up Game of Basketball/Football

- Calorie Cost? 584-872 calories per hour (and you get to pretend you're Hines Ward!)

Raking Leaves

- Calorie Cost? 306-491 calories per hour

Find A Farm with your Family

- Pick your own pumpkin together; Explore a corn maze (Cost? Priceless)

