



Your Personal Gym

By Betsy Bransky

Erin Gray from Move More at MaineGeneral sent out this great article about Gardening and Exercise. I thought I would pass it along to all of you gardeners in Vienna. Enjoy!

Now that spring is on it's way, our thoughts are turning to gardening. Gardening opens up the gym right outside your back door. Raking is like using a rowing machine. Pushing the mower is similar to walking on a treadmill. Our exercise machines are post-hole diggers, shovels, rakes, push mowers, and wheelbarrows. Gardening uses all the major muscle groups. Your legs, buttocks, shoulders, stomach, arms, neck, and back all get a workout. Gardening also increases flexibility and strengthens joints. Turn garden work into garden exercise by exaggerating movements to achieve maximum range of motion and changing gardening stances in order to use different muscles. For example, when raking put your left foot forward, and use your left hand on the lower handle. Then switch the right foot forward, and switch your hand positions as well.



The following chart gives the calories burned during 30 minutes of the activity for a 180-pound person. Generally, a person who weighs more will burn more calories than the amount shown here.

Likewise, a person weighing less burns fewer calories.



Typical calories burned in 30 minutes of:

Sleeping	36
Sitting quietly	40
Watering lawn or garden	61
Mowing lawn (riding)	101
Trimming shrubs (power)	142
Raking	162
Bagging leaves	162
Planting seedlings	162
Mowing (push with motor)	182
Planting trees	182
Snow thrower (walking)	182
Trimming shrubs (manual)	182
Weeding	182
Clearing land	202
Digging, spading, tilling	202
Laying sod	202
General gardening	202
Chopping wood	243
Gardening with heavy powertools	243
Mowing lawn (push mower)	243
Shoveling snow	243
Double digging	344
Shoveling heavy snow	364

Gardening

S	K	E	C	Z	T	S	H	W	G	CHOP
U	B	H	K	N	T	E	R	A	R	GARDENER
V	O	U	A	A	N	E	R	T	E	LAWN
P	C	L	R	L	R	D	L	E	W	MOWER
F	P	T	L	H	E	L	E	R	O	PLANT
D	Q	Z	O	N	S	I	L	D	M	RAKE
O	Q	J	E	O	U	N	W	A	L	SEEDLINGS
N	D	R	C	N	L	G	V	V	H	SHOVEL
L	E	V	O	H	S	S	D	S	M	SHRUBS
Z	H	R	O	T	S	P	A	D	E	SPADE
										TOOLS
										WATER