

Winter Survival: Burning Calories Outdoors



By Ana-Marija Dolaskie — January 3, 2017

I can burn *how many* calories while shoveling? You don't have to resolve to hit the gym this month, especially if you can easily burn 200-400 calories while doing winter outdoor activities: skiing, snowshoeing, and even shoveling.

COPYRIGHT © 1978-2016 BY THE AMERICAN COUNCIL ON SCIENCE AND HEALTH

Source URL: <https://www.acsh.org/news/2017/01/03/winter-survival-burning-calories-outdoors-10674>