

# Burn Calories While You Clean

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Busy moms know it's hard to keep New Year's resolutions once post-holiday reality sets in. However, if you've resolved to get organized and stay in shape in 2017, it may not require as much effort as you think. If done correctly, small organizational tasks can burn major calories.

Get two resolutions out of the way at once with the following projects and tips from Darla DeMorrow, certified professional organizer and owner of [HeartWork Organizing](#) in Wayne, PA. Calorie estimates represent 15 minutes of activity.

**ORGANIZE YOUR CLOSETS.** Exaggerate stretches to reach the top shelves and squats to reach the lower shelves.

**CALORIES: 17**



**NEVER LEAVE A ROOM EMPTY-HANDED.** Always carry something throughout the day.

**CALORIES: 34**

**USE HOLIDAY DECORATION CLEANUP AS A STRENGTH-BUILDING EXERCISE.** Load and carry plastic bins back to their storage area. Just be sure not to overload them!

**CALORIES: 43**



**IT'S MORE FUN TO ORGANIZE TOYS WHEN YOU HAVE TUNES.** Whether it's a solo boogie or family jam, dance to the music as you bend, pick up and carry toys back to their storage areas, and you'll break a sweat. **CALORIES: 94**

**WHEN YOUR KIDS GROW INTO THE NEXT CLOTHING SIZE,** grab the bins and bags used to store hand-me-downs, and do a couple extra arm curls on your way to sort and wash them.

**CALORIES: 43**



**YOU BURN MORE CALORIES WHEN YOU DO THINGS QUICKLY.** Clean your car, shake out floor mats, vacuum and quickly wipe down the dashboard in just 15 minutes.

**CALORIES: 34**

**CAN'T SEEM TO WORK IN A WORK OUT? ALTERNATE TASKS.** Declutter an office drawer at home, and then drop for a minute of sit-ups. Take a conference call while you do front, side and rear leg lifts. Listen to a webinar or podcast while you sort and fold laundry.

**CALORIES: 69**

As long as you keep moving, you're burning calories. Add flair to your everyday activities, and you'll improve your fitness level. Who would've thought organizing your home would have so many benefits?