

SHEKNOWS

# THE STAY IN SHAPE FOR WINTER BUCKET LIST



Go sledding

**490 CALORIES  
PER HOUR**



Go skiing

**594 CALORIES  
PER HOUR**



Build a snowman

**285  
CALORIES**



Hike in the snow

**420 CALORIES  
PER HOUR**



Go to an indoor pool

**200 CALORIES  
PER HALF-HOUR**



Indoor scavenger hunt

**110 CALORIES  
PER 20 MINUTES**



Have a snowball fight

**250 CALORIES  
PER HALF-HOUR**



Make snow angels

**215 CALORIES  
PER HOUR**



Go ice skating

**300 CALORIES  
PER HALF-HOUR**



Have a dance party

**305 CALORIES  
PER HOUR**



Play hide-and-seek

**100 CALORIES  
PER 20 MINUTES**



Shovel snow together

**250 CALORIES  
PER HALF-HOUR**