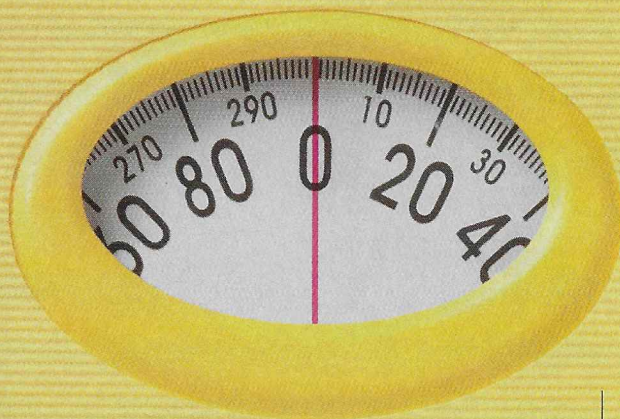


# calorie expenditures that may surprise you

WRITTEN BY LAURA SUTHERLAND AND TIM EAGAN



ACTIVITY	CALORIES BURNED
Thinking thin	132
Running your finger around the bottom of a frosted cake	215
Fretting about whether or not you turned off the iron	240
Thumbing through a fitness magazine	273
Cleaning out your e-mail in-box	339
Opening a bottle of wine	406
Waiting on hold with customer service for 20 minutes	482
Opening your child's plastic-wrapped Happy Meal toy	516
Restraining your hand from reaching into the chip bowl	602
Scooping very cold ice cream	655
Scooping very cold ice cream while fending off three children	727
Pacing in front of the pantry door	826
Organizing a dinner party in less than 24 hours	1,071
Juggling seven grocery bags, the mail, and your keys	1,149
Taking off a wet swimsuit	1,500