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Getting physical exercise is critical for maintaining your health. It is even more important if you are trying to lose weight. As we get ready for the new year, here are some tips that can help you burn calories without going to the gym.

When you are vacuuming, turn on the music and do some dancing. Move around and get your heart rate up. It may take you a few extra minutes to vacuum, but it will be more fun and help you get in shape at the same time.

Spend time with your kids or spouse by taking a walk. You can go for a walk around the neighborhood and talk about your days. This will not only help you bond with your family. It will help you burn calories.

If you like reading the newspaper (or a trashy novel), do that while riding on a stationary bike or waling on a treadmill. You can get in your reading and work on gettin healthy at the same time.

These are just a few way so to get healthy. Check out the article on Health.com to learn more by clicking below.

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