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MAGAZINE

# BODY BLISS



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## Burn Fat, Save the Earth

Ditching the car wash for a hose and bottle of wax might not sound terribly appealing. But the extra effort would work off some weight, and you'd be helping the environment by saving the power needed to run all

those brushes, belts, and buffers. In fact, according to David Gordon Wilson, PhD, professor emeritus of mechanical engineering at MIT, the most efficient form of energy for completing daily tasks is neither oil nor

electricity—it's our own body fat. And as a bonus, burning it causes no pollution. Here are some ways to keep your shape, save the earth, and get a few chores checked off your list. —DUSTY HORWITT

▶▶▶▶	THE TASK	ECO STRATEGY	WEIGHT LOSS	EARTH SAVINGS
	Making a one-mile trip three times a week.	Instead of driving, walk or bike.	Walking, you can burn an extra 200 calories a week, enough to lose about three pounds over the course of a year. Ride a bike, and you'll lose one pound annually.	About eight gallons of gas yearly, along with 160 pounds of carbon dioxide emissions. Driving would use 15 times the energy required for walking and 35 times the energy used in biking.
	Clearing the yard for an hour a week.	Instead of using a leaf blower, rake.	You'll burn an extra 80 calories per week and lose about a pound a year.	Per week, a third of a gallon of gasoline—25 times the amount of energy it takes to use a rake. Over a year, approximately 17.5 gallons of gas and 350 pounds of carbon dioxide emissions.
	Drying laundry twice a week.	Use a clothesline instead of a dryer.	Each week, an extra 95 calories; over a year, more than a pound.	About four pounds of coal weekly (70 times the energy required to hang clothes on a clothesline). Annually, 210 pounds of coal and 500 pounds of carbon dioxide emissions.

All numbers are calculated for a 163-pound woman (the U.S. average).