



1 Minute Motivator

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Recap From Previous Lectures

Many of our colleagues chose the following activities:

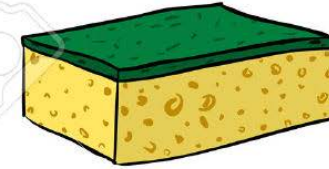
- Walking
- Swimming
- Hiking
- Mermaiding
- Dancing

...and many more!



What Activity Did I Choose?

- The activity I chose was *cleaning*!
- I find cleaning is a very therapeutic tool for my mental, physical, and my overall well-being. I feel good while doing it, I am making my heartbeat faster than usual, and I feel great after cleaning.



Why *Cleaning*?

- Cleaning has many benefits:
 - *"Low impact"* exercise which promotes cardiovascular activity (can be a good start for beginners)
 - Increases step intake
 - Cleaning helps with mental health
 - Don't need a gym membership
 - **IT'S FREE**
 - You get an overall clean environment to live in
 - *Handy during quarantine time*



Being Clean

keeps you sane, healthy, and productive. So go clean up and feel better mentally, physically, and overall improve your well-being!

(This is my room, as you can see, I am a neat freak.)



Calories Burned From *ONLY* Cleaning (No vigorous activity)

- As you can see, I burned 326 calories by just cleaning. I achieved half my daily burning goal just by vacuuming, moving things around, and wiping down things.
- Cleaning is fun, satisfying, and productive!
- The best part is that calories can be burned easily as well!

Thank you for watching!

References

Emling, S. (2017, September 25). Performing Household Chores Could Improve Your Health. Retrieved March 22, 2020, from <https://www.aarp.org/health/healthy-living/info-2017/do-household-chores-count-as-exercise-fd.html>