

HOW TO LOSE WEIGHT WITHOUT EXERCISING

Here's the guide to calorie-burning activities and the number of calories per hour they consume.

Beating around the bush -----	75
Jumping to conclusions -----	100
Climbing the walls -----	150
Swallowing your pride -----	50
Passing the buck -----	25
Throwing your weight around (depending on your weight) --	50-300
Dragging your heels -----	100
Pushing your luck -----	250
Making mountains out of molehills -----	500
Hitting the nail on the head -----	50
Wading through paperwork -----	300
Bending over backwards -----	75
Jumping on the bandwagon -----	200
Balancing the books -----	25
Running around in circles -----	350
Eating crow -----	225
Tooting your own horn -----	25
Climbing the ladder of success -----	750
Pulling out the stops -----	75
Adding fuel to the fire -----	160
Wrapping it up at the day's end -----	12
To which you may want to add your own favorite activities, including:	
Opening a can of worms -----	50
Putting your foot in your mouth -----	300
Starting the ball rolling -----	90
Going over the edge -----	25
Picking up the pieces after -----	350
Counting eggs before they hatch -----	6
Calling it quits -----	2