

Calorie Burners You'd Be Better Off Without



Physical exercise is an excellent way to burn calories. There are some “mental” exercises, however, that we would be better off not engaging in, even though they may bum off a few calories. They are listed in the following table.

Exercises in Futility	
Activity	Calories Burned
Throwing your weight around (Depending on what you weigh)	23-430
Digging your own grave	222
Beating your head against the wall	221
Chomping at the bit	214
Climbing the walls	193
Running around in circles	187
Making mountains out of molehill	179
Grasping at straws	170
Wrestling with your conscience	130
Swallowing your pride	148
Bending over backward	126
Pushing your luck	103
Beating around the bush	101
Dashing your dreams	98
Jumping to conclusions	87
Putting your foot in your mouth	32
Beating your own drum	42
Spinning your wheels	37
Jumping on the bandwagon	36
Fishing for compliments	29