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How to Lose Weight While Gardening

By Candee Stark

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Have you ever dreaded the idea of pulling weeds, planting a tree, or pushing a lawn mower around the yard?

Does just thinking about it make you sweat? I am sure the majority of are nodding your heads in agreement. What I am about to suggest only takes a slight change in your thinking and a bit of planning and you can learn how to lose weight and get in better shape while gardening this year.

For those of you that are already gardeners, you know that gardening is one of the best ways to get exercise because it involves all of the muscle groups in your body.

Like I mentioned earlier, we only need to change the way you think about outside chores. See I am falling into the trap too, I just called them chores. Instead, you should think of them as outdoor exercises that are designed to enhance the condition of your body and help you lose weight.

As with any exercise program, check with your doctor before starting. Make sure you are dressed properly and that you stretch before beginning.

If you aren't used to exercising in the garden or have been relatively inactive all winter, start slowly. Start with weeding, watering, and planting seeds.

As you feel yourself getting stronger you can increase your gardening repertoire to include: pruning, heavy digging, hoeing, pushing a loaded wheelbarrow, or mowing the lawn. I think you get the idea because the list of outdoor gardening exercise ideas is endless!

Even carrying plants or a bag of potting soil to the car from the store and then out into the yard is exercise! You can potentially burn up to 300–600 calories per hour depending on your intensity and which gardening exercises you engage in.

How to Lose Weight While Gardening

You CAN lose weight by gardening ~ eat less and move more! The following list shows what a typical man weighing 180 pounds will burn in 30 minutes of activity. If you weigh more you can burn even more calories!

Watering lawn/garden~ 61
Raking~ 162
Bagging leaves~ 162
Planting seeds/seedlings~ 162
Planting trees~ 182
Weeding ~ 182
Clearing Land ~ 202
Digging, spading, tilling~ 202
Laying Sod~202

General gardening~ 202
Chopping wood~ 243
Gardening with heavy power tools~ 243
Mowing the lawn with a push mower~ 243
Shoveling snow~ 243
Shoveling heavy snow~ 364 cal

Tips for your success:

1. Don't over do it~ one or two hours of gardening is plenty, especially when you are beginning!
2. Don't lift objects that are too heavy for you. If you injure yourself, chances are that you won't be able to continue to garden for exercise and weight loss.
3. Stretch before, during and after gardening. Don't stay down on your knees while weeding or planting for extended periods of time~ get up and move!
4. Get out in your garden and exercise at least 3-4 times a week.
5. Continue your outdoor exercise routine even after you last blooms have faded. Shoveling the snow, raking leaves, and splitting wood are great calorie burners that will lead to weight loss!
6. Don't forget the added benefit of growing your own healthy fruits and vegetables and your yard will look beautiful from all of your hard work!
7. Have Fun and "Just do it"!

Once you get into the habit of viewing gardening as an excellent way to lose weight and stay in shape, you may never go back to the gym again!

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What's in Store for National Home Gardening Club Members?

By Nicky Pilkington

The National Home Gardening Club offer many benefits to its members.

It is said to be the largest home gardening organization with paid membership. For a nominal fee, various benefits are available.

If you choose to become a member the National Home Gardening club, you will be entitled to the following perks.

1. Members can enter competitions to win free gardening products such as gardening accessories, tools, and other gardening supplies.
2. A coupon will be given to members to claim a free gardening shears.
3. Members can also access a free trial subscription of the Gardening How-To Magazine.
4. They may be eligible to test and keep gardening tools such as pruning shears. These are some of the products tested by members in the past two issues of the Gardening How-To magazine:
 - Honda Harmony Lawn Mower
 - Miracle-Gro Garden Weed Preventer
 - Sunflower Garden
 - Cobra Head Precision Weeder and Cultivator
 - Preen 'n Green
5. Members can enjoy a free directory of public gardens, which contains information about lush gardens, arboretums, and conservatories throughout the US.
6. They can interact and talk about tips, ideas and methods with other members.
7. Members can obtain gardening and landscaping tips and plans for the completion of various gardening projects.
8. They have access to the members-only gardening website.

9. Members can also preview gardening books, gardening videos, etc.

Indeed, the for–members–only benefits are that grandiose. They are all for the gardening enthusiasts to grab.

After the 30–day trial, you can continue your membership for only \$1 per month.

Many garden–lovers think this is a small price to pay for all these privileges.

Find out more about gardening at



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