Staying Active While Prepping Your Yard for Spring

Did you know?
Active gardening is considered moderate level physical activity? This means you could burn any where from three and a half to seven kilocalories per minute while working in your yard.

Examples Include:
- Raking the lawn
- Bagging grass or leaves.
- Digging/ Hoeing/ Light shoveling
- Pushing a mower or tiller.

4 Active Steps for Garden Prep.

1. **Mowing the Lawn.** The first post winter mow should come whenever you notice your grass start to visibly grow. If you are able get out that push mower and get the job done. 30 minutes of mowing could burn up to 210 calories.

2. **Trimming Trees and Bushes.** Winter pruning is typically done after the coldest part of winter has past. This helps promote new growth in the sprint. While trimming those trees certainly evokes some physical activity remember the biggest exercise comes from hauling off those limbs and branches.

3. **Making Your Bed.** Otherwise known as prepping the land or garden bed. To do this you will need to kill off all existing vegetation. Once your bed is made you will need to turn the soil. Turn the soil when it is moist but not wet and to a depth of at least 12 inches.

4. **Compost.** One of the best things you can do to help your garden grow is to use compost in the soil. You can use leaves, grass clippings and brush trimmings to add to your compost. Raking leaves and clippings could burn about 50 calories in 10 minutes.