

The Olympics

The Winter Olympics have begun, and athletes from all over the world are completing in various events. Below are some of the 15 Olympic events and how many calories you can burn doing them! While you might not be able to bobsled, you can go skiing and snowboarding at Mt. Charleston or ice skating at several places in the valley. So go out and hold your own Olympics with the family!



Olympic Event	Calories Burned*
Downhill skiing	408 Calories
Bobsledding	476 Calories
Cross-Country Skiing	544 Calories
Curling	272 Calories
Figure Skating	476 Calories
Ice Hockey	544 Calories
Luge	476 Calories
Snowboarding	371 Calories
Speed Skating	1020 Calories

*calories burned for a woman weighing 150 pounds.