

Burning Calories

With Everyday Activities

**All calorie counts are estimates based on a 150 pound person and will vary with intensity, body composition and body weight*

- **Mopping/Scrubbing Floors**
Burns 153 Calories per hour if you wash on your hands and knees you can burn more at 187 calories in just 30 minutes
- **Sweeping**
136 Calories per 30 minutes
- **Vacuuming**
119 Calories per 30 minutes
- **Washing the Car**
If you scrub by hand and skip the automatic car wash you can burn 153 calories
- **Moving Furniture**
100 Calories per 15 minutes
- **Climbing the Stairs**
9 calories in 1 minute
- **Folding Laundry**
Seated: 22 calories in 15 minutes
Standing 38 calories in 20 minutes
Putting it away: 22 calories in 10 minutes
- **Doing the Dishes by Hand**
128 calories in one hour
- **Ironing**
128 calories in one hour
- **Cooking**
150 calories in one hour
- **Mowing the Lawn**
162 calories in 30 minutes
- **Gardening**
168 calories in 30 minutes
- **Cleaning the Windows**
153 calories in 30 minutes
- **Raking Leaves**
171 calories in 30 minutes



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- **Walking in place**
Burns 258 Calories per hour
- **Chair Exercises**
4-7 Calories per minute or more if you are adding resistance bands or weights to increase the intensity
- **Yoga**
120 calories in 30 minutes
- **Treadmill Walking**
304 calories per hour
- **Recumbent Bike**
Between 4.9 and 5.8 calories per minute at 5.5 miles per hour for 30 minutes
- **Strength Training (ie: weights, resistance bands)**
Burns 112 calories per half hour
- **Stretching**
Burns 144 calories per half hour
- **Getting Dressed**
Burns 86 calories per hour
- **Standing**
Burns 114 calories per hour
- **Using an Upper Arm Bike**
Burns 75 calories per 10 minutes at a brisk pace

ALWAYS CONSULT A DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM. THE CALORIE COUNTS PROVIDED REFLECT AN ESTIMATE BASED ON 150 POUND INDIVIDUAL. THESE CALORIES BURNED WOULD CHANGE DEPENDING ON THE INTENSITY OF THE EXERCISE, THE WEIGHT OF THE INDIVIDUAL PERFORMING THE EXERCISE, and THE BODY COMPOSITION OF THE INDIVIDUAL

