

CALORIES BURNT DOING HOUSEWORK



Vacuuming Floor
15 min > 43 calories
1 hour > 170 calories



Washing Dishes
15 min > 26 calories
1 hour > 102 calories



Ironing Clothes
15 min > 22 calories
1 hour > 88 calories



Sweeping Floor
15 min > 39 calories
1 hour > 156 calories



Mopping Floor
15 min > 43 calories
1 hour > 170 calories



Making a Bed
15 min > 17 calories
1 hour > 68 calories



**Arranging &
Tidying Furniture**
15 min > 85 calories
1 hour > 340 calories



**Folding, Hanging & Sorting
Clothes (average load)**
15 min > 17 calories
1 hour > 68 calories



Gardening
15 min > 26 calories
1 hour > 102 calories



Washing a Car
15 min > 34 calories
1 hour > 136 calories

