



Everyday Movement & Calorie Burn List

Discover how everyday activities can transform into calorie-burning opportunities with "Everyday Movement & Calorie Burn List." This practical guide reveals the surprising caloric impact of household chores, outdoor tasks, and recreational activities, empowering you to incorporate movement seamlessly into your daily life. Embrace a healthier lifestyle by turning mundane moments into effective exercise, all while enjoying the benefits of increased energy and well-being.

Everyday Movement & Calorie Burn List

(Approximate calories estimates are based pm 60 minutes of activity for a 150-lb woman)

Based on MET values from the Compendium of Physical Activities

Household Movement

- **Light Cleaning (dusting, tidying)** — 150–200 calories
- **Sweeping** — 200–250 calories
- **Vacuuming** — 180–220 calories
- **Mopping floors** — 200–250 calories
- **Laundry (folding, putting away)** — 100–150 calories
- **Making the bed** — 130–160 calories
- **Washing dishes** — 120–150 calories
- **Cooking / meal prep** — 100–150 calories
- **Organizing closets or drawers** — 150–200 calories
- **Carrying light items around the house** — 150–200 calories

Yard & Outdoor Movement

- **Gardening (light)** — 250–300 calories
- **Gardening (moderate digging/planting)** — 300–400 calories
- **Watering plants** — 120–150 calories
- **Raking leaves** — 250–350 calories
- **Weeding** — 250–350 calories
- **Mowing (push mower)** — 350–450 calories
- **Yard cleanup** — 250–350 calories
- **Washing the car** — 250–350 calories

 Lifestyle Movement

- **Walking (casual pace)** — 200–250 calories
- **Walking (moderate pace)** — 250–300 calories
- **Walking (brisk)** — 300–400 calories
- **Taking the stairs** — 400–600 calories
- **Carrying groceries** — 200–300 calories
- **Errands / shopping** — 150–200 calories
- **Mall walking** — 200–300 calories
- **Walking during phone calls** — 150–200 calories
- **Parking farther away** — 150–200 calories (per hour of accumulated walking)

 Fun & Social Movement

- **Dancing (light)** — 250–300 calories
- **Dancing (moderate)** — 300–400 calories
- **Playing with pets** — 200–300 calories
- **Playing with grandkids** — 250–350 calories
- **Bowling** — 200–250 calories
- **Mini-golf** — 200–250 calories
- **Light swimming** — 250–350 calories
- **Leisure biking** — 250–350 calories

 Gentle Mobility & Low-Impact Movement

- **Stretching / range-of-motion exercises** — 100–150 calories
- **Chair stretching** — 80–120 calories
- **Light yoga** — 150–250 calories
- **Tai chi** — 200–250 calories
- **Slow, mindful walking** — 150–200 calories
- **Balance exercises** — 100–150 calories

 Higher-Intensity Options (If Able) Brisk walking (4+ mph) — 350–450 calories

- **Hiking (light)** — 350–450 calories
- **Cycling (moderate)** — 400–600 calories
- **Strength training (light/moderate)** — 200–300 calories
- **Water aerobics** — 300–400 calories