

How Many Calories Do You Burn Doing Housework?

Calories burned per half hour of work in each category

Carrying a small child up and down stairs - 289

Cooking – 85

Doing laundry – 73

Dusting – 85

Gardening - 136

Ironing – 78

Making your bed – 68

Mowing the lawn - 187

Moving furniture - 204

Raking - 146

Scrubbing the floors – 129

Shoveling snow - 204

Sweeping – 112

Washing dishes – 118

Washing the car - 102

Washing windows - 102

Vacuuming - 119

Yard work - 170