

When we think about exercise, running, push-ups, and sports come to mind. However, everyday activities, such as household chores, can provide just as many health benefits as regular structured exercise. In addition, people experience the benefit of accomplishing tasks at home. Listed here are some common household chores that help burn calories.

Discussion Questions

Does your family share household chores?

What kinds of household chores do you regularly do?



Activity

Individually or in groups, make a list of good cleaning or "organizing projects for your home. How will you get your kids involved in these chores? How will these chores provide physical activity, and which muscles will benefit? Will getting your children involved in these chores have any other benefits?"

Housework and Chores as Exercise

Activity Type	Activity Description	Intensity	Duration in Minutes	Calories Expended
HOME ACTIVITIES	CLEANING, HEAVY (E.G. WASH CAR, WINDOWS), VIGOROUS	MODERATE	30	64
HOME ACTIVITIES	MOPPING	MODERATE	15	40
HOME ACTIVITIES	CLEANING, LIGHT (DUSTING, TAKING OUT TRASH)	LIGHT	30	48
HOME ACTIVITIES	VACUUMING	MODERATE	15	40
HOME ACTIVITIES	PUTTING AWAY /CARRYING GROCERIES OR PACKAGES	LIGHT	15	24
HOME ACTIVITIES	MOVING FURNITURE, HOUSEHOLD ITEMS, CARRYING BOXES	MODERATE	20	107
HOME ACTIVITIES	SWEEPING GARAGE, SIDEWALK, OR OUTSIDE OF HOUSE	MODERATE	20	64
HOME ACTIVITIES	CARRYING SMALL CHILDREN	MODERATE	10	21
HOME REPAIR	WASHING AND WAXING A CAR	MODERATE	45	168
LAWN AND GARDEN	MOWING LAWN, WALK, POWER MOWER	MODERATE	45	216
LAWN AND GARDEN	PLANTING SEEDLINGS, SHRUBS	MODERATE	60	224
LAWN AND GARDEN	RAKING LAWN	MODERATE	60	211
LAWN AND GARDEN	TRIMMING SHRUBS OR TREES, MANUAL CUTTER	MODERATE	60	224
WALKING	CARRYING INFANT OR 15 LB LOAD, LEVEL GROUND	MODERATE	10	27

Source: MyPyramid.gov • Calculate other household chores using MyPyramid Tracker at www.mypyramidtracker.gov.