



## Calorie Counter Tip Of The Week

1. Pushing baby stroller - 85 calories in 30 min
2. Changing linen - 14 calories in 5 min
3. Walking with children - 170 calories in 1 hr
4. Driving a car - 136 calories in 1 hr
5. Applying Makeup - 34 calories in 15 min
6. Brushing Teeth - 5 calories in 2 min
7. Light cleaning (e.g., dusting) - 128 calories in 45 min
8. Office work - 122 calories in 1 hr
9. Eating while sitting - 51 calories in 30 min
10. Preparing food at home - 85 calories in 30 min
11. Ironing - 26 calories in 10 min
12. Watering lawn -- 34 calories in 20 min
13. Movie – watching - 68 calories in 1 hr
14. Napping (sleeping) - 122 calories in 2 hr
15. Playing - board games - 102 calories in 1 hr
16. Reading while sitting - 44 calories in 30 min
17. Setting table - 28 calories in 10 min
18. Showering - 34 calories in 15 min
19. Talking on the phone while sitting - 51 calories in 30 min
20. Washing hands - 2 calories in 1 min

**\*All estimates are based on average female frame of 150 lbs**

For additional personalized calorie counting activities, visit  
[http://www.caloriesperhour.com/index\\_burn.html](http://www.caloriesperhour.com/index_burn.html)