

Calories Burned for Daily Activities

*All based on body weight of 170 pounds. Lighter people burn fewer calories per minute, heavier people more.	Calories Daily	Calories/ weekly	Pounds equivalent in one year
Stairs – 3 flights/day x 7 x wkly	16	112	1.7
Scrub bathroom (5 min x 5x wkly)	5	20	1.8
Washing floors w/mop (10 min x 1 wkly)	80	80	1.2
Tapping feet 10 min x 7 wkly)	27	189	2.8
Walking to TV to change channel (3 min x 7 wkly)	8	57	.9
Squats during commercials (3 min x 7 wkly)	14	97	1.4
Push ups = Crunches during commercials (3 min x 7 weekly)	18	128	1.9
Rocking or bouncing in seat (10 min x 5 wkly)	27	135	2
Wash car/truck 20 min x 1 x wkly	122	122	1.8
Self serve gas (3 min x 1 x wkly)	10	10	.25
Squeezing ball or playing w/rubberband (10 min x 7 wkly)	20	140	2.1
Brisk walk (10 min x 7 weekly)	54	378	5.6
Butt lifts, rocking, moving in seat while stopped at a traffic light (2 min x 5 weekly)	6	28	.4
Stand while talking on phone (5 min x 7 wkly)	14	95	1.4
Ironing clothes (10 min x 1 wkly)	30	30	.4
Hand delivering memo versus emailing (2 min x 5 weekly)	6	30	.4
Walking around office while brain storming (2 min x 5 x wkly)	7	34	.5
Swirling computer mouse in circles (2 min x 7 x wkly)	4	24	.35
Crossing and uncrossing legs (10 x 7 wkly)	5	37	.5
Tapping feet (5 min x 7 wkly)	12	81	1.2
Pulling stomach in and out (2 min x 5 wkly)	5	15	.2
Twirling pencil (2 min x 5 wkly)	4	17	.25
Lifting legs up and down while waiting for light to change (3 min x 7 wkly)	10	69	1

To maintain weight during holidays:

1. Cut back 200 calories per day – 5 x week.
2. Burn an additional 100 calories daily with combination of activities above.
3. Bonus: Workout at least 30 minutes, 5 x weekly.