

Calories Burned Per Hour of Everyday Activities

BODY WEIGHTS

Activity	130 lbs	155 lbs	190 lbs	225 lbs
Child care: standing, dressing/feeding	207	246	302	367
Cleaning, house, general	207	246	302	367
Cooking or food preparation	148	176	216	247
Dancing, general	266	317	388	464
Mowing lawn, general	325	387	474	583
Moving furniture, household	354	422	518	635
Scrubbing floors, on hands and knees	325	387	474	583
Sleeping	40	45	55	70
Sweeping garage, sidewalk	236	281	345	423
Walking	295	352	431	540



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The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Service of the U.S. Department of Agriculture.