











Burn Calories with Home Activities

With many people confined at home due to the current situation of the Covid-19 outbreak, it is quite hard to get enough physical activity throughout the day. Yet, it is still important to reach the recommended 150 minutes a week of moderate physical activity in order to keep a healthy lifestyle. Even though you are restricted at home, there are still many possibilities to reach your moderate physical activity requirements, simply through our daily household chores.



According to the American College of Sports Medicine, moderate intensity equals 3.0-5.9 METs (Metabolic Equivalent of Task) and some household and occupational activities like washing the windows and mopping the floor, fall within this range. A more detailed list of activities is provided through the [Compendium of Physical Activities](#) with some relevant ones shown below.

 <p>Sitting and watching television</p> <p>1.0 METs 70 Calories per hour</p>	 <p>Cooking or food preparation</p> <p>2.5 METs 175 Calories per hour</p>	 <p>Carrying groceries</p> <p>2.5 METs 175 Calories per hour</p>
 <p>Walking (4 km/h)</p> <p>3.0 METs 210 Calories per hour</p>	 <p>Cleaning and sweeping carpet or floors</p> <p>3.3 METs 231 Calories per hour</p>	 <p>Making bed and changing linens</p> <p>3.3 METs 231 Calories per hour</p>
 <p>Scrubbing floors, bathroom and bathtub</p> <p>3.5 METs 245 Calories per hour</p>	 <p>Laundry, hanging wash and washing clothes by hand</p> <p>4.0 METs 280 Calories per hour</p>	 <p>Running (8.1 km/h)</p> <p>8.3 METs 560 Calories per hour</p>

As you can see, even though you are confined at home this period, it doesn't mean that you need to sit on the couch and watch television (1 MET) the whole day. Physical Activity has many benefits and with the list above you can reap the benefits of a clean and tidied up house along with meeting your weekly physical activity level.

References

- 1) American College of Sports Medicine., In Riebe, D., In Ehrman, J. K., In Liguori, G., & In Magal, M. (2018). ACSM's guidelines for exercise testing and prescription.
- 2) Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. The Compendium of Physical Activities Tracking Guide. Healthy Lifestyles Research Center, College of Nursing & Health Innovation, Arizona State University. Retrieved [17 February 2020] from the World Wide Web. <https://sites.google.com/site/compendiumofphysicalactivities/>