Activity number of calories/hour

|  |  |
| --- | --- |
| 1. Running (aprox. 9 km/h)
 | 550 |
| 1. Fast running
 | 1120 |
| 1. Reading aloud
 | 105 |
| 1. Energetic dancing
 | 350 |
| 1. Playing golf
 | 412 |
| 1. Playing volleyball
 | 600 |
| 1. Playing tennis
 | 700 |
| 1. Riding a motorcycle
 | 204 |
| 1. Ice-skating
 | 718 |
| 1. Skiing
 | 600 |
| 1. Cycling
 | 650 |
| 1. Driving a car
 | 116 |
| 1. Eating
 | 98 |
| 1. Lying
 | 68 |
| 1. Window cleaning
 | 240 |
| 1. Vacuuming furniture
 | 220 |
| 1. Vacuuming
 | 240 |
| 1. Typing
 | 140 |
| 1. Swimming
 | 470 |
| 1. Gardening
 | 222 |
| 1. Ironing
 | 120 |
| 1. Chopping a tree
 | 319 |
| 1. Hanging laundry
 | 300 |
| 1. Going down the stairs
 | 310 |
| 1. Sleeping
 | 68 |
| 1. Sitting
 | 100 |
| 1. Slow walking
 | 200 |
| 1. Fast walking
 | 300 |
| 1. Peaceful sitting
 | 86 |
| 1. Cleaning
 | 120 |
| 1. Standing at attention
 | 96 |
| 1. Free standing
 | 89 |
| 1. Quick marching (approx. 8,5 km/h)
 | 590 |
| 1. Hand sewing
 | 97 |
| 1. Singing
 | 122 |
| 1. Fast dancing
 | 336 |
| 1. Butting carpets
 | 349 |
| 1. Dressing and undressing
 | 114 |
| 1. Walking up the stairs
 | 957 |
| 1. Rowing
 | 339 |
| 1. Sweeping the floor
 | 167 |
| 1. Hanging curtains
 | 404 |
| 1. Changing the bedding
 | 182 |
| 1. Washing up
 | 150 |