 Activity number of calories/hour

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| --- | --- |
| 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 |