

## Turn housework into a workout

Forget the gym! Housework is a great way to burn calories. But as is the case with any workout, the more effort you put in, the greater the benefit. In particular, polishing, dusting, mopping and sweeping are great for keeping arms shapely. Bending and stretching, for example, when you make the bed, wash windows or do the laundry are good for toning thighs and improving flexibility. And constantly running up and down the stairs as you tidy is a good aerobic workout.

Meanwhile, more energetic household chores such as decorating and spring cleaning, burn even more calories. Don't forget the garden either - weeding, digging, mowing the lawn, trimming hedges or bushes and sweeping up are all great muscle toners and calorie burners.

Check out our household activity calorie chart below, which compares the calories burnt by different household activities with walking...

Activity	Calories burnt in 1 hour*
Walking at a moderate pace	287
Hoovering	193.7
Dusting	173.6
Painting, Inside Projects	66
Gardening, Weeding	287.8
Mopping Floors	193.7
Car Washing	234
Cleaning Windows	180.3
Ironing	113.1
Wallpapering	133.2
Chopping Wood	415.5
Walking up & down stairs, moderate	516.3

\* Values are based on a 37yr old female, 5ft 1, weighing 12 stone. Those who weigh more than this will burn more calories; those who weigh less will burn fewer calories.

Plan your housework so you constantly have to run up and down the stairs. For example, empty the dishwasher in the kitchen, then make the bed upstairs, then vacuum the living room downstairs, then clean the bathroom upstairs - and so on.