



Active living at home

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City Council

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Links to useful websites:

Coronavirus Government Guidelines
www.gov.uk/coronavirus

NHS Choices
www.nhs.uk

Sunderland City Council
www.sunderland.gov.uk

Change4lifesunderland Facebook
www.facebook.com/Change4lifesunderland

Active Sunderland
www.activesunderland.org.uk

Tyne & Wear Sport
www.tynewearsport.org

Sport England
www.sportengland.org



Being active

It's more important than ever to be active and do exercise. Being moderately active can improve our health and wellbeing and it doesn't always mean going to the gym or taking part in an exercise class. Did you know you are active when doing something as simple as your household chores? Listed below are some of the benefits

- Burning calories
- Moving more
- Keeping active
- Being more motivated
- Improving both physical and mental health
- A sense of wellbeing
- Less stress
- A boost to your happiness
- A time to reflect

No matter how you choose to move, it's all good for your health and wellbeing. Making small changes to your routine by including small bursts of activity across the day all add up and help you move more. So, whether it's a 10-minute seated yoga workout in the morning, a cycle or walk with your household at lunchtime, playing with your children outside or even moving when talking on the phone – every little helps.



Ways to be active at home

- Vacuuming
- Laundry
- Making the bed
- Dusting
- Cleaning the bathroom
- Sweeping
- Washing the dishes
- Gardening and mowing the lawn
- Washing the car
- Ironing
- Painting
- Cleaning windows



Housework and calories chart

The chart below gives an idea of the different types of housework that we do, the approximate calories that are burned when doing the activity, the equivalent exercise session and a food item that has similar calories.

Activity	Calories burned (per hour)	Equivalent	Same as...
Making the bed	70	20 min Pilates	1 digestive biscuit
Laundry	140	40 min weights session	1 medium glass of wine
Ironing	157	30 min water aerobics	1 bag of crisps
	161	30 min cycling	3 chocolates
Dusting	166	20 min aerobics	2 chocolate digestives
Vacuuming	175	20 mins jogging	Medium caffe latte
Cleaning windows	231	25 min circuit training	Custard filled doughnut
Cleaning the bathroom	256	20 min spinning	2 scoops ice-cream
Washing floors	259	15 min running	1 slice of pizza
Washing the car	314	45 min swimming	1 brownie
Moving furniture	408	50 min tennis	Sausage and egg
Washing dishes	72	20 min weight lifting	Chocolate wafer bar
Gardening and mowing the lawn	272	27 min cross-trainer	2 x bottles of beer 330ml
Painting	253	14.5 min game of squash	Sausage roll



Swap your chair

Replace your desk chair with an exercise ball. Balancing on a stability ball all day will help you engage your core and thigh muscles and can help improve your posture. Many people have jobs that require them to be in front of their computer screen all day; by swapping out your chair you can burn around 300 more calories than when you just slump in your desk chair all day. Perfect if you are working from home.



Playing charades

Letting the competitive side of you come out can be beneficial when it comes to burning calories. Get your body moving by playing a game of charades with your friends.



Taking a hot bath

Soaking in a hot bath for 30 minutes can burn 130 calories. That's about as many as a 30-minute walk. Relaxing in a hot bath can induce passive heating, which reduces inflammation, which also happens to your body post workout.



Rearrange your living room

Try a new layout for one of the rooms in your home. By pushing, lifting, and rotating furniture around for 30 minutes you can get your heart rate up and burn calories.



Activities with children

Children never stop moving. Join in on their fun to help you burn a few calories. Playing a game of hopscotch for 20 minutes can burn over 100 calories.



Doing your supermarket shop

Pushing a full cart around the store for 45 minutes can burn over 100 calories. Now the chore of grocery shopping doesn't seem so bad! Carrying your groceries from the car and putting them away can burn another 80 calories.



On-line sing along

Belt out those tunes! Singing for an hour can burn almost 140 calories. Laughing at your friends while they attempt to hit those high notes can burn even more. Twenty minutes of laughing can burn around 70 calories.



Fidgeting

Even though it might be annoying to others, fidget while you are sitting at your desk or eating dinner. Tapping your toes and moving around in your seat can burn 350 more calories than those who sit still all day.



Encouraging children to help out around the home

Sometimes asking children to help around the home can become a battle and they may resist, but for those children who do participate they can learn some important life skills.

Responsibility, respect, teamwork and self-reliance are all vitally important for their future development. It is also an alternative way to keep active.

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