

YOUR CLEANING WORKOUT (AND HOW YOU REWARD YOURSELF AFTER IT)

DUSTING

60 minutes = 175 calories

1 small handful of NicNacs



CLEANING WINDOWS

30 minutes = 153 calories

1 big handful of M&Ms **OR**
1 frappuccino



WASHING DISHES

20 minutes = 52 calories

100g salted popcorn



IRONING

20 minutes = 60 calories

20 olives in brine



VACUUMING

10 minutes = 37 calories

Two cubes of cheese



SCRUBBING FLOORS

30 minutes = 189 calories

One big chocolate bar **OR**
50 g crisps

