



Appliance Energy Use & Equivalent Exercise

APPLIANCE	APPLIANCE ENERGY USE*	EQUIVALENT EXERCISE**
Aquarium	50–1210 Watts	1 hr very light stationary cycling ~ 12 hr shoveling snow
Clock radio	10 Watts	(15 min mild stretching)
Coffee maker	900–1200 Watts	4~4.5 hr running @ 6 min mile pace
Clothes washer	350–500 Watts	2.5~3.5 hr boxing
Clothes dryer	1800–5000 Watts	9~25.5 hr rollerblading
Dishwasher	1200–2400 Watts (drying feature increases energy consumption)	7.5~15hr swimming freestyle
Dehumidifier	785 Watts	5 hr on stair machine
Electric blanket (Single/Double)	60 / 100 Watts	1~2 hr golf driving range
Fans		
Ceiling	65–175 Watts	1-2.5 hr Tai Chi
Window	55–250 Watts	0.6~3.0 hr kayaking
Furnace	750 Watts	5.5 hr rowing machine vigorous
Whole house	240–750 Watts	1.8~5.7 hr basketball
Hair dryer	1200–1875 Watts	8~12.5 hr cross country running
Heater (portable)	750–1500 Watts	7.5~15 hr walking uphill 3.5mph
Clothes iron	1000–1800 Watts	8.5~15.5 hr canoeing moderate effort
Microwave oven	750–1100 Watts	5.7~8.3 hr cross country skiing moderate pace
Personal Computers		
CPU (awake / asleep)	120 / 30 Watts or less	1.3 / 0.3 hr mowing lawn, walk behind power mower
Monitor (awake / asleep)	150 / 30 Watts or less	2.6 / .5 hr general housework
Laptop	50 Watts	0.6 hr cleaning gutters



APPLIANCE	APPLIANCE ENERGY USE*	EQUIVALENT EXERCISE**
Radio (stereo)	70–400 Watts	1~5.7 hr raking lawn
Refrigerator (frost-free, 16 cubic feet)	725 Watts	5.5 hr moderate cycling 12-14 mph
Televisions		
19"	65–110 Watts	0.8~1.4 hr ballet/jazz dance
27"	113 Watts	1 hr aerobics
36"	133 Watts	1 hr field hockey
53"-61" Projection	170 Watts	1 hr kickboxing
Flat screen	120 Watts	1 hr playing tennis
Toaster	800–1400 Watts	4~7 hr playing squash
Toaster oven	1225 Watts	6.8 hr rock climbing ascending
VCR/DVD	17–21 / 20–25 Watts	0.5 hr pushing stroller
Vacuum cleaner	1000–1440 Watts	8.5~12.5 hr ice skating
Water heater (40 gallon)	4500–5500 Watts	34.4~42 hr flag football
Water pump (deep well)	250–1100 Watts	2~9.5 hr backpacking/hiking
Water bed (with heater, no cover)	120–380 Watts	2.4~7.6 hr volleyball
Elevator (round trip 10 floors)	50 Watts	0.75 hr ping pong
Florescent Lighting (per 36" bulb)	30 Watts	0.5 hr Yoga

COST OF DRIVING TO WORK (BASED ON 5 DAY WORK WEEK)

MPG	COMMUTE DISTANCE	GAL/YEAR	\$/YEAR @ \$3/GAL	LB. CO2/YEAR***
20	10 miles round trip	120 gal	\$360	2,328 lb
25	10 miles round trip	96 gal	\$288	1,862.4 lb
20	20 miles round trip	240 gal	\$720	4,656 lb
25	20 miles round trip	192 gal	\$576	3,724.8 lb

*Information on average Watts used taken from: www.energysavers.gov/your_home/appliances/index.cfm/mytopic=10040

**Based on 155lb

***CO2 Info based on calculations from: www.epa.gov/oms/climate/420f05004.htm