

Heavy work movement activities for home



1. Load and unload clothes from washer and dryer
2. Carry heavy boxes or crates
3. Carry and put away groceries
4. Shovel snow
5. Rake leaves
6. Put in and take out dishes from the dishwasher
7. Take out the trash or recycling
8. Push a grocery cart
9. Clean and wipe down tables, chairs, counters, or windows
10. Vacuum, sweep, and mop
11. Push or move furniture