

ACTIVITY	Calories Burned Per Hour	
	155 lb. person	190 lb. person
Aerobics, general	422	518
Aerobics, low impact	352	431
Aerobics, high impact	493	604
Backpacking, general	493	604
Basketball, game	563	690
Basketball, shooting baskets	317	388
Basketball, wheelchair	457	561
Bicycling, 10-11.9mph, light effort	422	518
Bicycling, 14-15.9mph, vigorous effort	739	906
Bicycling, stationary, light effort	387	474
Bicycling, stationary, moderate effort	493	604
Bicycling, stationary, vigorous effort	739	906
Bowling	211	259
Canoeing, rowing, light effort	211	259
Canoeing, rowing, moderate effort	493	604
Cleaning, light, moderate effort	176	216
Golf, general	281	345
Jogging, general	493	604
Moving household items, carrying boxes	422	518
Mowing lawn, general	387	474
Racquetball, casual, general	493	604
Raking lawn	281	345
Rowing, stationary, moderate effort	493	604
Running, 8.6 mph (7 min mile)	985	1208
Running, 7.5mph (8 min mile)	880	1078
Running, 6.7 mph (9 min mile)	774	949
Running, 6 mph (10 min mile)	704	863
Running, 5 mph (12 min mile)	563	690
Skating, ice, general	493	604
Skiing, cross-country, moderate effort	563	690
Skiing, downhill, moderate effort	422	518
Swimming, leisurely, general	422	518
Tai chi	281	345
Tennis, general	493	604
Walking, 3.0 mph, mod. pace, walking dog	246	302
Weight lifting or body building, vigorous effort	422	518