

## How Many Calories am I Burning??

If you are working on your healthy lifestyle or wanting to lose or maintain your weight, you may want to track how many calories you are burning. Here is a short listing of calories burned for various activities.

Approximate Calories burned per hour:

| Activity                        | 100 lb person | 150 lb person | 200 lb person |
|---------------------------------|---------------|---------------|---------------|
| Bicycling under 20 mph          | 792           | 1188          | 1584          |
| Bowling                         | 144           | 216           | 288           |
| Golf- carry clubs               | 264           | 396           | 528           |
| Golf- using cart                | 168           | 252           | 336           |
| Gymnastics, general             | 192           | 288           | 384           |
| Hiking cross country            | 288           | 432           | 576           |
| Raquetball, casual              | 336           | 504           | 672           |
| Raquetball, competitive         | 480           | 720           | 960           |
| Rollerbalding                   | 336           | 504           | 672           |
| Jump Roping                     | 480           | 720           | 960           |
| Running 12 min mile             | 384           | 576           | 768           |
| Running 10 min mile             | 480           | 720           | 960           |
| Running 8 min mile              | 600           | 900           | 1200          |
| Running 6 min mile              | 792           | 1188          | 1584          |
| Skateboarding                   | 240           | 360           | 480           |
| Tennis, general                 | 336           | 504           | 672           |
| Walking 17 min mile             | 192           | 288           | 384           |
| Walking 13 min mile             | 240           | 360           | 480           |
| Ice skating, general            | 336           | 504           | 672           |
| Swimming, general               | 288           | 432           | 576           |
| Water Skiing                    | 288           | 432           | 576           |
| Basketball game                 | 384           | 576           | 768           |
| Football, competitive           | 432           | 648           | 864           |
| Soccer, general                 | 336           | 504           | 672           |
| Softball, general               | 240           | 360           | 480           |
| Volleyball, general             | 144           | 216           | 288           |
| Volleyball, competitive         | 192           | 288           | 384           |
| Aerobics, step high impact      | 480           | 720           | 960           |
| Aerobics, step low impact       | 336           | 504           | 672           |
| Aerobics, high impact           | 336           | 504           | 672           |
| Aerobics, low impact            | 264           | 396           | 528           |
| Stationary Bike, moderate       | 336           | 504           | 672           |
| Circuit training, general       | 384           | 576           | 768           |
| Stair Step machine, general     | 288           | 432           | 576           |
| Stretching, Hatha Yoga          | 192           | 288           | 384           |
| Weightlifting, general          | 144           | 216           | 288           |
| Boxing, sparring                | 432           | 648           | 864           |
| Martial Arts, kickboxing        | 480           | 720           | 960           |
| Dancing-disco, ballroom, square | 264           | 396           | 528           |
| Dancing, fast, ballet, twist    | 288           | 432           | 576           |
| Gardening, general              | 216           | 324           | 432           |
| Mowing lawn, push, hand         | 264           | 396           | 528           |
| Raking leaves                   | 192           | 288           | 384           |
| Shoveling snow by hand          | 288           | 432           | 576           |
| Moving, carrying boxes          | 336           | 504           | 672           |
| Sitting, reading, watch TV      | 54            | 81            | 108           |
| Sleeping                        | 30            | 45            | 60            |

Resource- Care2Learn article by Kimberly Tessmer, RD LD  
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