

Estimated Calorie Expenditure by Activity

*Activity (1-hour duration)	Weight of person and calories burned		
	160 pounds	200 pounds	240 pounds
Aerobics, high impact	511	637	763
Aerobics, low impact	365	455	545
Aerobics, water	292	364	436
Backpacking	511	637	763
Basketball game	584	728	872
Bicycling, < 10 mph, leisure	292	364	436
Bowling	219	273	327
Canoeing	256	319	382
Dancing, ballroom	219	273	327
Football, touch, flag, general	584	728	872
Golfing, carrying clubs	329	410	491
Hiking	438	546	654
Ice skating	511	637	763
Jogging, 5 mph	584	728	872
Racquetball, casual, general	511	637	763
Rollerblading	913	1,138	1,363
Rope jumping	730	910	1,090
Rowing, stationary	511	637	763
Running, 8 mph	986	1,229	1,472
Skiing, cross-country	511	637	763
Skiing, downhill	365	455	545
Skiing, water	438	546	654
Softball or baseball	365	455	545
Stair treadmill	657	819	981

Swimming, laps	511	637	763
Tae kwon do	730	910	1,090
Tai chi	292	364	436
Tennis, singles	584	728	872
Volleyball	292	364	436
Walking, 2 mph	183	228	273
Walking, 3.5 mph	277	346	414
Weightlifting	219	273	327

Adapted from: Ainsworth BE, et al. Compendium of physical activities: An update of activity codes and MET intensities. *Medicine & Science in Sports & Exercise*. 2000;32(suppl):S498.

*Consult your health care provider before beginning a new exercise regime