

Activity vs Calories Burned

Activity †	Calories/Hour *				
	130 lbs	160lbs	190 lbs	200lbs	240lbs
Aerobics (high impact)	415	511	637	637	763
Aerobics (low impact)	297	365	455	455	545
Baseball	295	365	431	455	545
Basketball	472	584	690	728	872
Bicycling (<10mph)	236	292	345	364	436
Biking (moderate intensity)	386	275	716	716	859
Cooking	126	150	171	180	216
Dusting	135	162	183	192	230
Elliptical (High Intensity)	630	900	1170	1170	1404
Golf (Carrying Clubs)	267	329	410	410	491
Hiking	354	511	518	546	654
Jogging (5mph)	472	584	690	728	872
Laundry	141	162	183	192	230
Mopping floors	156	180	207	217	260
Mowing lawn	231	267	297	312	374
Raquet Ball	413	511	604	637	763
Resistance training	177	219	259	273	327
Rowing, Stationary	415	511	637	637	763
Running (8mph)	797	986	1165	1229	1472
Scrubbing bathrooms	144	165	189	199	239
Skiing, Cross Country (Low Intensity)	413	511	604	637	763
Skiing, Downhill	295	365	431	455	545
Skiing, Water	356	438	546	546	654
Swimming	354	511	518	637	763
Tennis	413	584	604	728	872
Vaccumming	147	171	198	208	250
Volleyball	236	292	345	364	436
Walking (3.5mph)	207	277	302	346	414
Washing car	189	222	258	272	326
Washing dishes	126	156	177	183	219
Water Aerobics	236	292	345	364	436
Yoga	236	292	345	364	436

† Intensity of the activity is determined by the participant.

Low intensity - able to talk/sing during activity

Moderate intensity - able to talk but not sing during activity

High intensity - only to speak a few words without gasping during activity

* Calories are an estimate