

AEROBIC ACTIVITY/CALORIE CHART

Your activities don't have to be "typical" to burn calories.



Check out this list for ideas on how you can incorporate more movement into your life and how many calories you'll burn by doing so for an hour!

****WEIGHT IN POUNDS*CALORIES BURNED PER HOUR****

Activity	130-140	140-150	150-160	160-170	170-180	180-190	190-200	200-210	210-220	220-230	230-240	240-250	250-260	260+
Aerobics-Heavy	489	526	562	598	634	671	707	743	780	816	852	888	925	961
Aerobics-Light	183	197	210	224	238	251	265	278	292	306	319	333	346	360
Aerobics-Medium	306	328	351	374	396	419	442	464	487	510	532	555	578	600
Back-Packing	551	591	632	673	714	755	795	836	877	918	959	1000	1040	1081
Basketball-Non-Vigorous	581	624	667	710	753	797	840	883	926	969	1012	1055	1098	1141
Basketball-Vigorous	673	723	773	823	873	922	972	1022	1072	1122	1172	1222	1272	1321
Bicycling (10mph)	336	361	386	411	436	461	486	511	536	561	586	611	636	660
Bicycling (12mph)	459	493	527	561	595	629	663	697	731	765	799	833	867	901
Calisthenics-Heavy	489	526	562	598	634	671	707	743	780	816	852	888	925	961
Calisthenics-Light	244	263	281	299	317	335	353	371	390	408	426	444	462	480
Disco Dancing	367	394	421	448	476	503	530	557	585	612	639	666	693	721
Fishing (Bank/Boat)	214	230	246	261	277	293	309	325	341	357	373	388	404	420
Fishing (In Waders)	336	361	386	411	436	461	486	511	536	561	586	611	636	660
Football-Touch	459	493	527	561	595	629	663	697	731	765	799	833	867	901
Gardening	195	210	224	239	253	268	282	297	312	326	341	355	370	384
Golf (Carry Clubs)	306	328	351	374	396	419	442	464	487	510	532	555	578	600
Golf (Ride in Cart)	153	164	175	187	198	209	221	232	243	255	266	277	289	300
Handball-Vigorous	612	657	702	748	793	839	884	929	975	1020	1065	1111	1156	1201
Hiking X-Country	336	361	388	411	436	461	486	511	536	561	586	611	636	660
Hiking Mountains	459	493	527	561	595	629	663	697	731	765	799	833	867	901
Horseback Trotting	312	335	358	381	404	427	451	474	497	520	543	566	589	612
Housework	244	263	281	299	317	335	353	371	390	408	426	444	462	480
Jazzercise-Heavy	489	526	562	598	634	671	707	743	780	816	852	888	925	961
Jazzercise-Light	183	197	210	224	238	251	265	278	292	306	319	333	346	360
Jog-(10 min/mile)	612	657	702	748	793	839	884	929	975	1020	1065	1111	1156	1201
Jog-(13 min/mile)	428	460	492	523	555	587	619	650	682	714	746	777	809	841
Jog-(17 min/mile)	244	263	281	299	317	335	353	371	390	408	426	444	462	480
Lawn Mowing (Hand)	397	427	456	486	515	545	574	604	633	663	692	722	751	781
Lawn Mowing (Power)	220	236	253	269	285	302	318	334	351	367	383	400	416	432
Music Playing	153	164	175	187	198	209	221	232	243	255	266	277	289	300
Racquetball-Social	520	558	597	636	674	713	751	790	828	897	905	944	982	1021
Racquetball-Vigor.	612	657	702	748	793	839	884	929	975	1020	1065	1111	1156	1201
Roller skating	312	335	358	381	404	427	451	474	497	520	543	566	589	612
Rowing (11mph)	795	854	913	972	1031	1090	1149	1208	1267	1326	1385	1444	1503	1562
Run (6min/mile)	948	1019	1089	1159	1230	1300	1370	1441	1511	1581	1651	1722	1792	1862
Run (8 min/mile)	734	789	843	897	952	1006	1061	1115	1170	1224	1278	1333	1387	1442
Sailing	214	230	246	261	277	293	309	325	341	357	373	388	404	420
Skiing X-Country	612	657	702	748	793	839	884	929	975	1020	1065	1111	1158	1201
Skiing-Downhill	489	526	562	598	634	671	707	743	780	816	852	888	925	961
Square Dancing	367	394	421	448	476	503	530	557	585	612	639	666	693	721
Swimming-Competition	918	986	1054	1122	1190	1258	1326	1394	1462	1530	1598	1666	1734	1802
Swimming-Fast	575	618	660	703	746	788	831	873	916	959	1001	1044	1087	1129
Swimming-Slow	471	506	541	576	611	646	680	715	750	785	820	855	890	925
Table Tennis	318	341	365	389	412	436	459	483	507	530	554	577	601	624
Tennis-Doubles	306	328	351	374	396	419	442	464	487	510	532	555	578	600
Tennis-Singles	397	427	456	486	515	545	574	604	633	663	692	722	751	781
Volleyball	312	335	358	381	404	427	451	474	497	520	543	566	589	612
Walking (20min/mile)	214	230	246	261	277	293	309	325	341	357	373	388	404	420
Walking (26 min/mile)	183	197	210	224	238	251	265	278	292	306	319	333	346	360
Water Skiing	428	460	492	523	555	587	619	650	682	714	746	777	809	841
Weightlifting-Heavy	551	591	632	673	714	755	795	836	877	918	959	1000	1040	1081
Weightlifting-Light	244	263	281	299	317	335	353	371	390	408	426	444	462	480