



# FITTING IN FITNESS

## HOW MANY CALORIES DO I BURN?

Activity	Calories per minute based on weight					
	120	140	160	180	200	220
<b><i>Gym Activities</i></b>						
Aerobics - Low impact	4.5	5.3	6	6.8	7.5	8.3
Aerobics - Step	7.7	9	10.3	11.5	12.8	14.1
Bike - Stationary	6.3	7.4	8.4	9.5	10.6	11.6
Elliptical Trainer	6.5	7.6	8.7	9.8	10.9	11.9
Stair Machine	8.1	9.5	10.9	12.2	13.6	14.9
Circuit Training	7.2	8.4	9.6	10.9	12.1	13.3
Yoga - Mild	2.2	2.6	3	3.4	3.7	4.1
Weight Lifting - Light	2.7	3.1	3.6	4	4.5	4.9
Weight Lifting - Vigorous	5.4	6.3	7.2	8.1	9	9.9
<b><i>Sports and Training Activities</i></b>						
Basketball - Shooting Hoops	4	4.7	5.4	6.1	6.8	7.4
Bicycling - 12 - 14 mph moderate	7.2	8.4	9.6	10.9	12.1	13.3
Bowling	2.7	3.1	3.6	4	4.5	4.9
Boxing - Punching bag	5.4	6.3	7.2	8.1	9	9.9
Dancing	4	4.7	5.4	6.1	6.8	7.4
Football - Touch or Flag	7.2	8.4	9.6	10.9	12.1	13.3
Golf - Carrying clubs	4	4.7	5.4	6.1	6.8	7.4
Golf - Using Cart	3.1	3.7	4.2	4.7	5.3	5.8
Hiking	5.4	6.3	7.2	8.1	9	9.9
Martial Arts	9	10.6	12.1	13.6	15.1	16.6
Racquetball	6.3	7.4	8.4	9.5	10.6	11.6
Rock Climbing	9.9	11.6	13.3	15	16.6	18.3
Rope Jumping	9	10.6	12.1	13.6	15.1	16.6
Running - 12 minute mile	7.2	8.4	9.6	10.9	12.1	13.3
Running - 9 minute mile	9.9	11.6	13.3	15	16.6	18.3
Skiing - Downhill	5.4	6.3	7.2	8.1	9	9.9
Soccer	6.3	7.4	8.4	9.5	10.6	11.6
Softball or Baseball	4.5	5.3	6	6.8	7.5	8.3
Swimming Laps	9	10.6	12.1	13.6	15.1	16.6
Tennis	6.3	7.4	8.4	9.5	10.6	11.6
Walking - 20 minute mile	3	3.5	4	4.5	5	5.5
Walking - 15 minute mile	4.5	5.3	6	6.8	7.5	8.3
<b><i>Home Maintenance Activities</i></b>						
Chopping Wood	5.4	6.3	7.2	8.1	9	9.9
Gardening	4	4.7	5.4	6.1	6.8	7.4
Mowing Lawn - Power Mower	4.9	5.8	6.6	7.5	8.3	9.1
Shoveling Snow	5.4	6.3	7.2	8.1	9	9.9
<b><i>Home &amp; Daily Life Activities</i></b>						
Cleaning House	2.7	3.1	3.6	4	4.5	4.9
Cooking	1.8	2.1	2.4	2.7	3	3.3
Shopping	2	2.4	2.7	3.1	3.4	3.8
Playing with Kids	3.6	4.2	4.8	5.4	6	6.6
Reading - Sitting	0.9	1	1.2	1.3	1.5	1.6
Sleeping	0.8	0.9	1	1.2	1.3	1.4
Watching TV	0.9	1	1.2	1.3	1.5	1.6
Sitting - Light Office Work	1.3	1.5	1.8	2	2.2	2.4
Heavy Lifting > 75lbs	6.8	7.9	9	10.2	11.3	12.4