

## CALORIC EXPENDITURE

The following chart is an estimation of caloric expenditure per hour for activities that you currently participate in or may be interested in participating in based on your body weight. Remember exercise does the body good.

Exercise	WEIGHT					
	110	125	150	175	200	
Calories						
Aerobic dance	250	285	340	395	450	
Archery	225	255	305	360	410	
Baseball	225	255	305	360	410	
Basketball	415	470	565	660	750	
Bowling	180	205	245	285	325	
Calisthenics (vigorous)	225	255	305	360	410	
Cross country skiing	Moderately hilly	595	675	810	945	1080
Cycling	Outdoor (5.5 mph)	195	220	260	305	350
	Outdoor (9.4 mph)	300	340	410	475	545
	Outdoor racing (19 mph)	505	575	690	805	920
	Schwinn Airdynne	510	580	695	810	925
	Stationary (moderate tension)	330	375	450	525	600
Golf	With cart (90 – 120 min)	145	165	200	230	265
	No cart (90 - 120 min)	185	210	255	295	340
Handball/Squash		635	725	870	1015	1155
Hiking (4 mph with 20 pound pack)		335	405	490	570	650
Horseback riding		225	255	305	360	410
Ice skating		275	300	350	390	425
Nordic ski machine	Heavy (18 mph)	1100	1250	1500	1750	2000
	Medium (11 mph)	330	375	450	525	600
	Light (6 mph)	225	255	305	360	410
Racquetball		550	625	750	875	1000
Roller skating/blading		275	300	350	390	425
Rope skipping (100 skips/min)		560	640	765	895	1020
Rowing (skulling or machine)		620	705	845	990	1130
Running/jogging	5:30 min/mile (11 mph)	870	985	1185	1380	1575
	6:00 min/mile (11 mph)	755	860	1030	1200	1375
	7:00 min/mile (11 mph)	685	780	935	1090	1245
	8:00 min/mile (11 mph)	625	710	850	990	1135
	9:00 min/mile (11 mph)	580	660	790	920	1050
	10:00 min/mile (11 mph)	535	605	730	850	970
	11:00 min/mile (11 mph)	470	530	640	745	850
	12:00 min/mile (11 mph)	375	425	510	600	680
Scuba diving		355	405	490	570	650
Snow skiing (downhill)		300	340	410	480	545
Softball		225	255	305	360	410
Stair climbing (moderate)		515	600	750	850	960
Stairmaster (machine)		595	675	810	945	1080
Step aerobics		550	625	750	875	1000
Swimming	45 min/mile	385	435	525	610	700
	60 min/mile	300	335	405	475	540
Table tennis (moderate)		200	225	270	315	360
Tennis	Doubles	225	255	305	360	410
	Singles	325	370	445	520	600
Treadmill	12 min/mile	375	425	510	600	680
	13.5 min/mile	330	375	450	525	600
Volleyball	Competitive	435	495	595	700	800
	Recreational	165	185	225	260	300
Walking/jog combination	13:30 min/mile (4.5 mph)	330	375	450	525	600
Walking/race walking	12 min/mile (5 mph)	435	495	595	700	800
Walking	15 min/mile (4 mph)	300	345	415	480	550
	17 min/mile (3.5 mph)	250	285	345	400	450
	20 min/mile (3 mph)	225	255	310	360	410
	30 min/mile (2 mph)	145	165	200	230	265
Weight training (light)		270	310	370	430	500