

Calorie Expenditure by Activity (30 minutes)

Sports

	130 lb.	160 lb.	190 lb.	220 lb.
Baseball/Softball	148	182	216	250
Basketball (1/2 Court)	177	218	259	300
Football	236	291	345	400
Golfing (walking & carrying clubs)	163	200	238	275
Ice Hockey	236	291	345	400
Ice Skating	207	255	302	350
Kickboxing/Karate/Tae Kwon Do	295	364	432	500
Lacrosse	236	291	345	400
Rugby	295	364	432	500
Skiing (Cross Country)	236	291	345	400
Skiing (downhill)	177	218	259	300
Soccer	207	255	302	350
Tennis (doubles)	177	218	259	300
Tennis (singles)	236	291	345	400
Volleyball (beach)	236	291	345	400
Volleyball (casual)	89	109	130	150
Water Polo	295	364	432	500

Recreational Activities

	130 lb.	160 lb.	190 lb.	220 lb.
Backpacking	207	255	302	350
Kayaking	148	182	216	250
Dancing (ballroom)	89	109	130	150
Dancing (disco/swing)	163	200	238	275
Frisbee	89	109	130	150
Hiking	177	218	259	300
Horseback Riding	74	91	108	125
Ping Pong	118	145	173	200
Rock Climbing (Ascending)	325	400	475	550
Rock Climbing (Descending)	236	291	345	400
Rollerblading	207	255	302	350
Surfing	89	109	130	150
Whitewater Rafting	148	182	216	250

Household Tasks

	130 lb.	160 lb.	190 lb.	220 lb.
Cooking	74	90	108	125
Dusting	74	90	108	125
Gardening	148	182	216	250
Grocery Shopping	103	127	151	175
Home Repair	133	164	194	225
House Cleaning	103	127	151	175
Ironing	68	84	99	115
Laundry/Clothes Folding	59	73	86	100
Mopping/Scrubbing Floors	133	164	194	225
Mowing Lawn (push)	133	164	194	225
House Painting	146	182	216	250
Raking	118	145	173	200
Snow Shoveling	177	218	259	300
Stacking Firewood	148	182	216	250
Sweeping (indoors)	74	90	108	125
Vacuuming	74	90	108	125
Washing the Car	133	164	194	225
Washing Dishes	68	84	99	115
Washing Windows	133	164	194	225

Fitness Activities

	130 lb.	160 lb.	190 lb.	220 lb.
Aerobics	177	218	259	300
Conditioning/Calisthenics	236	291	345	400
Elliptical	163	200	238	275
Jumping Rope	236	291	345	400
Pilates	177	218	259	300
Racquetball	207	255	302	350
Rowing	207	255	302	350
Running (12 min. mile)	236	291	345	400
Running (10 min. mile)	295	364	432	500
Running (7.5 min. mile)	399	491	583	675
Stair Climbing	177	218	259	300
Swimming	177	218	259	300
Tai Chi	118	145	173	200
Walking (briskly)	118	145	173	200
Water aerobics	118	145	173	200
Weight lifting	89	109	130	150
Yoga (Hatha)	118	145	173	200

How many calories do we really burn?

