Calories Burned

Activity (1-hour duration)	Weight of person and calories burned			
	120 Pounds	160 Pounds	200 Pounds	240 Pounds
Aerobics, high impact	382	509	636	764
Aerobics, low impact	273	364	455	545
Aerobics, water	218	291	364	436
Backpacking	382	509	636	764
Basketball game	436	582	727	873
Bicycling, < 10 mph, leisure	218	291	364	436
Bowling	164	218	273	327
Canoeing	191	255	318	382
Dancing, ballroom	164	218	273	327
Football, touch or flag	436	582	727	873
Golfing, carrying clubs	300	400	500	600
Hiking	327	436	545	655
Ice skating	382	509	636	764
Racquetball	382	509	636	764
Resistance (weight) training	327	436	545	655
Rollerblading	382	509	636	764
Rope jumping	545	727	909	1,091
Rowing, stationary	382	509	636	764
Running, 5 mph	436	582	727	873
Running, 8 mph	736	982	1,227	1,473
Skiing, cross-country	382	509	636	764
Skiing, downhill	327	436	545	655
Skiing, water	327	436	545	655
Softball or baseball	273	364	455	545
Stair treadmill	491	655	818	982
Swimming, laps	382	509	636	764
Tae kwon do	545	727	909	1,091
Tai chi	218	291	364	436
Tennis, singles	436	582	727	873
Volleyball	164	218	273	327
Walking, 3 mph	180	240	300	360
Walking, 4.5 mph	344	458	573	687

Source: **Fitness-Calorie Counter:** www.webmd.com/diet/healthtool-fitness-calorie-counter