



## Calories Burned In One Hour

Being active — either through physical activity or through a formal exercise program — is an essential component of a weight-loss program. When you're active, your body uses energy (calories) to work, helping to burn the calories you take in with food you eat.

Whatever activity you choose, the key is to commit to doing it regularly. Aim for 30 to 60 minutes of moderately intense physical activity most days of the week. Moderately intense activity or exercise should increase your heart and breathing rates and possibly lead to a light sweat.

This chart shows the estimated number of calories burned while performing a variety of exercises for one hour. Calorie expenditure varies widely depending on the exercise, intensity level and individual.

Activity (one-hour duration)	Weight of person and calories burned		
	160 pounds	200 pounds	240 pounds
Aerobics, high impact	511	637	763
Aerobics, low impact	365	455	545
Aerobics, water	292	364	436
Backpacking	511	637	763
Basketball game	584	728	872
Bicycling, < 10 mph, leisure	292	364	436
Bowling	219	273	327
Canoeing	256	319	382
Dancing, ballroom	219	273	327
Football, touch, flag, general	584	728	872
Golfing, carrying clubs	329	410	491
Hiking	438	546	654
Ice skating	511	637	763
Jogging, 5 mph	584	728	872

Racquetball, casual, general	511	637	763
Rollerblading	913	1,138	1,363
Rope jumping	730	910	1,090
Rowing, stationary	511	637	763
Running, 8 mph	986	1,229	1,472
Skiing, cross-country	511	637	763
Skiing, downhill	365	455	545
Skiing, water	438	546	654
Softball or baseball	365	455	545
Stair treadmill	657	819	981
Swimming, laps	511	637	763
Tae kwon do	730	910	1,090
Tai chi	292	364	436
Tennis, singles	584	728	872
Volleyball	292	364	436
Walking, 2 mph	183	228	273
Walking, 3.5 mph	277	346	414
Weightlifting, free weight, Nautilus or universal type	219	273	327

Source: Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien, WL, Bassett DR Jr, Schmitz KH, Emplainscourt PO, Jacobs DR Jr, Leon AS. Compendium of physical activities: an update of activity codes and MET intensities. Med Sci Sports Exerc. 2000 Sep;32(9 Suppl):S498-504.