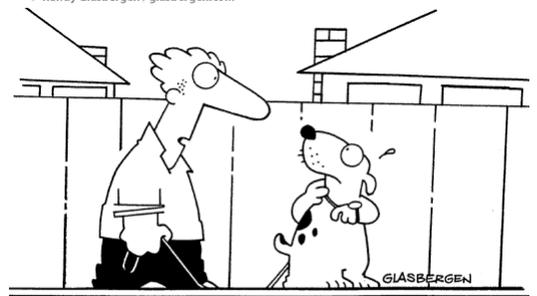


Ever wonder how many calories you burn during exercise?

“This chart shows the estimated number of calories burned while doing various exercises for one hour. Specific calorie expenditures vary widely depending on the exercise, intensity level and your individual situation.”



“Can't we just enjoy a nice walk without stopping to measure your pulse every five minutes?”

Activity (1-hour duration)	Weight of person and calories burned		
	160 pounds (73 kilograms)	200 pounds (91 kilograms)	240 pounds (109 kilograms)
Aerobics, high impact	533	664	796
Aerobics, low impact	365	455	545
Aerobics, water	402	501	600
Basketball game	584	728	872
Bicycling, < 10 mph, leisure	292	364	436
Canoeing	256	319	382
Hiking	438	546	654
Racquetball	511	637	763
Resistance (weight) training	365	455	545
Rope jumping	861	1,074	1,286
Rowing, stationary	438	546	654
Running, 5 mph	606	755	905
Running, 8 mph	861	1,074	1,286
Softball or baseball	365	455	545
Stair treadmill	657	819	981
Swimming, laps	423	528	632
Walking, 2 mph	204	255	305
Walking, 3.5 mph	314	391	469

Adapted from: Ainsworth BE, et al. 2011 compendium of physical activities: A second update of codes and MET values. *Medicine & Science in Sports & Exercise*. 2011;43:1575.

Source: <http://www.mayoclinic.com/health/exercise/SM00109>