|  |  |  |  |
| --- | --- | --- | --- |
| **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 |
| Backpacking | 511 | 637 | 763 |
| Basketball game | 584 | 728 | 872 |
| Bicycling, < 10 mph, leisure | 292 | 364 | 436 |
| Dancing, ballroom | 219 | 273 | 327 |
| Golfing, carrying clubs | 314 | 391 | 469 |
| Hiking | 438 | 546 | 654 |
| Resistance (weight) training | 365 | 455 | 545 |
| Rollerblading | 548 | 683 | 818 |
| Rope jumping | 861 | 1,074 | 1,286 |
| Running, 5 mph | 606 | 755 | 905 |
| Running, 8 mph | 861 | 1,074 | 1,286 |
| Skiing, downhill | 314 | 391 | 469 |
| Softball or baseball | 365 | 455 | 545 |
| Stair treadmill | 657 | 819 | 981 |
| Swimming, laps | 423 | 528 | 632 |
| Tae kwon do | 752 | 937 | 1,123 |
| Volleyball | 292 | 364 | 436 |
| Walking, 2 mph | 204 | 255 | 305 |
| Walking, 3.5 mph | 314 | 391 | 469 |