



## Burning Calories

The chart below looks at the number of calories we burn whilst performing a range of different activities. Note that people at different weights also burn calories at a different rate.

Activity	55kg / 120lb (8 ½ st)	70 kg / 154lb (11 st)	77kg / 170lb (12 st)
Aerobic dance	330	480	460
Basketball	330	440	460
Outdoor bicycling (under 10 mph)	220	590	310
Indoor cycling (hard effort)	572	733	810
Bowling	165	210	230
Calisthenics	250	244	345
Cleaning	270	244	270
Eating (sitting)	80	105	115
Gardening	275	330	385
Golf (walking)	250	330	345
Hiking	330	370	460
Horse riding	220	279	310
Mowing lawn	300	384	425
Racquetball	385	489	540
Reading	70	91	100
Rowing, stationary	385	489	540
Running, 10 mph	880	1,118	1230
Sitting (watching TV)	55	70	75
Sitting (writing, typing)	100	105	140
Skating, roller	385	489	540
Skiing, cross-country	440	559	615
Skiing, downhill	385	419	540
Swimming, leisure	330	419	460
Tennis	375	489	540
Walking, brisk	220	265	310
Water aerobics	218	279	308
Weight training (light)	165	220	230
Yoga (Hatha)	136	175	193

**Note:** These numbers are general estimates. The actual amount you burn per activity per hour can vary with sex, age, weight and height.