

Activity vs. Calories Burned (Key)

	Approximate calories used (burned) by a 154-pound man	
MODERATE physical activities:	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/ yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 mph)	290	145
Walking (3.5 mph)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
VIGOROUS physical activities:	In 1 hour	In 30 minutes
Running/ jogging (5 mph)	590	295
Bicycling (more than 10 mph)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4.5 mph)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

Adapted from: U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC.

<http://www.choosemyplate.gov/physical-activity/calories-burn.html>