

# Calories Burned During *Physical Activity*

Activity	Calories Burned per Hour*
Bicycling, 6 mph	240
Bicycling, 12 mph	410
Cross-country skiing	700
Jogging, 5½ mph	740
Jogging, 7 mph	920
Jumping rope	750
Running in place	650
Running, 10 mph	1280
Swimming, 25 yds./min.	275
Swimming, 50 yds./min.	500
Tennis, singles	400
Walking, 2 mph	240
Walking, 3 mph	320
Walking, 4½ mph	440

\* These numbers are for a person who weighs 150 pounds. The amount of calories you burn during activity depends on your weight. The heavier you are, the more calories you burn. For example, a person weighing 100 pounds burns only 0.67 times the calories of a person who weighs 150 pounds ( $100 \div 150 = 0.67$ ). So, to find the number of calories burned during activity by a person weighing 100 pounds, multiply the number of calories in this chart by 0.67. For a person weighing 200 pounds, multiply by 1.3. To find the number of calories you burn in any activity, divide your weight by 150 and multiply the number of calories in the chart by that number.

*min. = minutes mph = miles per hour yds. = yards*

## Sources:

- *Exercise and Your Heart -- A Guide to Physical Activity.* National Heart, Lung, and Blood Institute / American Heart Association, DHHS, PHS, NIH Publication No. 93-1677.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)