

Exercise: How much does it burn?



Activity	Calories burned by a 120-130 pound person per hour	Calories burned by a 170-180 pound person per hour
aerobic dancing	290-575	400-800
backpacking	290-630	400-880
badminton	230-515	320-720
bicycling (outdoor)	170-800	240-1120
bicycling (stationary)	85-800	120-1120
bowling	115-170	160-240
canoeing	170-460	240-640
dancing	115-400	160-560
gardening	115-400	160-560
golfing (carrying bag)	115-400	160-560
hiking	170-690	240-960
jogging (5mph/12 min. mile)	460	640
racquetball	345-690	480-690
rope skipping	345-690	480-960
running (8mph)	745	1040
skating (ice or roller)	230-460	320-640
skiing (cross country)	290-800	400-1120
skiing (downhill)	170-460	240-640
stair climbing	230-460	320-640
swimming	230-690	320-900
tennis	230-515	320-720
volleyball	170-400	240-560
walking (2mph)	150	210

For other body weights, you can calculate approximate calories from the last column. Multiply by your weight and divide by 175.

If you weigh 220 and jogging uses 640 calories per hour then $640 \times 220/175=840$ calories/hr.)

Practice example:

1. Exercise: _____ Burns: _____ x Weight _____ \div 175 = _____ Cal/hr
2. Number of minutes spent in exercise _____ \div 60 = _____ hrs
3. _____ cal/hr x _____ hrs = _____ calories burned

Again ...

1. Exercise: _____ Burns: _____ x Weight _____ \div 175 = _____ Cal/hr
2. Number of minutes spent in exercise _____ \div 60 = _____ hrs
3. _____ cal/hr x _____ hrs = _____ calories burned



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