

Calories Burned Per Minute for Various Activities

Estimated calories burned are based on activities per minute. Actual calories burned vary with your individual body weight - the more you weigh, the more you burn, as indicated by the chart. (Source: <http://www.coolnurse.com/index.htm>)

Activity	Weight in pounds: 105 - 115	Weight in pounds: 127 - 137	Weight in pounds: 160 - 170	Weight in pounds: 180 - 200
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Aerobic dancing	5.8	6.6	7.8	8.6
Basketball	9.8	11.2	13.2	14.5
Bicycling -stationary 10 mph	5.5	6.3	7.8	8.3
Bicycling -stationary 20 mph	11.7	13.3	15.6	17.8
Bicycling - 10 mph	5.5	6.3	7.8	14.5
Dancing - fast	3.3	3.8	4.4	4.9
Golf – no cart	3.3	3.8	4.4	4.9
Hiking - with backpack	5.9	6.7	7.9	8.8
Jogging - 5 mph	8.6	9.2	11.5	12.7
Lawn mowing (power motor)	3.5	4.0	4.8	5.2
Running - 8 mph	10.4	11.9	14.2	17.3
Skateboarding	8.6	9.2	11.5	12.7
Skating - fast	8.1	9.3	10.9	12
Skiing - downhill	7.8	10.4	12.3	13.3
Skiing - cross country	13.1	15	17.8	19.4
Snow shoveling - light	7.9	9.1	10.8	12.5
Snow shoveling - heavy	13.8	15.7	18.5	20.5
Stair climbing - normal speed	5.9	6.7	7.9	8.8
Swimming - slow	3.9	4.5	5.3	6.8
Swimming - fast	11	12.5	14.8	17.9
Tennis (singles)	7.8	8.9	10.5	11.6
Volleyball	7.8	8.9	10.5	11.6
Walking - 2 mph	2.4	2.8	3.3	3.6
Walking - 4 mph	4.5	5.2	6.1	6.8