

# Fitness Facts

Sleeping	46
Watching TV	56
Sitting at computer	102
Doing light household chores	95
Standing in line	100
Playing with your dog	115
Playing with kids (not rigorous)	120
Driving	120
Shopping	135
Eating	140
Bowling	145
Cooking	186
Dancing (slow/waltz/foxtrot)	224
Lifting weights (light)	224
Household chores	225
Walking	230
Golfing (riding in cart)	260
Softball	260
Skateboarding	275
Gardening	300
Stretching	300
Light yoga	300
Lifting weights (vigorous)	446
Downhill skiing	315
Mowing the lawn	410
Golfing (walking w/ bag)	410
Volleyball	340
Baseball	365
Walking (4.5 mph)	372
Power walking	400

The following calorie burning chart shows some different activities and how many calories you burn while doing them. The numbers are based on an average person of 155 pound.

Dancing (disco/ballroom/square)	410
Hiking	440
Shoveling snow	446
Water skiing	446
Cross country skiing	500
Playing basketball	510
Tennis	520
Swimming	520
Scuba diving	520
Step aerobics (light impact)	520
Soccer	520
Biking (fast pace)	530
Circuit weight training	540
Football	600
Cross country skiing	600
Rocking climbing	600
Hockey	600
Stairclimber	600
Running (5 mph)	600
Rowing	632
Elliptical machine	670
Boxing	670
Water aerobics	720
Racquetball	740
Step aerobics (heavy impact)	744
Spinning	782
Jumping rope	900
Running (7.5 mph)	940
Bicycling (&gt; 20 mph)	1220

Source: July 2004 issue of the Harvard Heart Letter