

## CALORIES BURNED DURING EXERCISE

Type of Exercise	Calories Per Hour (apx.)
Sleeping	55
Eating	85
Sewing	85
Knitting	85
Sitting	85
Standing	100
Driving	110
Office Work	140
Housework, moderate	160+
Golf, with cart	180
Golf, without cart	240
Gardening, planting	250
Dancing, ballroom	260
Walking 3 mph	280
Ping Pong	290
Gardening, hoeing, etc.	350
Tennis	350+
Water Aerobics	400
Skating	420
Dancing, Aerobic	420+
Aerobic Exercise	450+
Bicycling, moderate	450+
Jogging, 5mph	500
Gardening, digging	500
Swimming, active	500+
Cross Country Ski Machine	500+
Hiking	500+
Step Aerobics	500+
Rowing	550+
Power Walking	600+
Squash	650+
Skipping Rope	700+
Running	700+

Nancy Adler-Jones. MSW, Weight Loss Coach

[www.WeightLossWorkshop.com](http://www.WeightLossWorkshop.com)

425-948-4055

“Tipping the Scales Towards Successful Weight Loss”