

HOW MUCH CALORIES DO I BURN...?

SPORTS – CALORIE VALUES FOR 10 MINUTES OF ACTIVITY	55kg - 80kg	Body Weight 80kg - 100kg	100kg +
Badminton	43	62	94
Baseball	39	54	78
Basketball	58	82	117
Bowling (nonstop)	56	78	111
Canoeing at 6.5 Kilometers per hour	90	128	182
Dancing (moderate)	35	48	69
Dancing (vigorous)	48	66	94
Soccer	69	96	137
Golfing	33	48	68
Horseback Riding	56	78	112
Table Tennis	32	45	64
Skiing (Water)	60	88	130
Swimming (Crawl)	40	56	80
Tennis	56	80	115
Volleyball	43	65	94
NECESSITIES - CALORIE VALUES FOR 10 MINUTES OF ACTIVITY	55kg - 80kg	Body Weight 80kg - 100kg	100kg +
Sleeping	10	14	20
Sitting and Watching Television	10	14	18
Sitting and Talking	15	21	30
Dressing or Washing	26	37	53
Standing	12	16	24
LOCOMOTION - CALORIE VALUES FOR 10 MINUTES OF ACTIVITY	55kg - 80kg	Body Weight 80kg - 100kg	100kg +
Walking Downstairs	56	78	111
Walking Upstairs	146	202	288

Walking at 3 kilometers per hour	29	40	58
Walking at 6.5 kilometers per hour	52	72	102
Running at 9 kilometers per hour	90	125	178
Running at 11 kilometers per hour	118	164	232
Running at 19 kilometers per hour	164	228	326
Cycling at 9 kilometers per hour	42	58	83
Cycling at 21 kilometers per hour	89	124	178
HOUSEWORK – CALORIE VALUES FOR 10 MINUTES OF ACTIVITY	55kg - 80kg	Body Weight 80kg - 100kg	100kg +
Making Beds	32	46	65
Washing Floors	38	53	75
Washing Windows	35	48	69
Dusting	22	31	44
Preparing a Meal	32	46	65
Shoveling Snow	65	89	130
Light Gardening	30	42	59
Weeding Garden	49	68	98
Mowing Grass with Power Mower	34	47	67
Mowing Grass with Manual Mower	38	52	74
SEDENTARY OCCUPATIONS - CALORIE VALUES FOR 10 MINUTES OF ACTIVITY	55kg - 80kg	Body Weight 80kg - 100kg	100kg +
Sitting Writing	15	21	30
Light Office Work	25	34	50
Standing with Light Activity	20	28	40
Typing with Computer	19	27	39
LIGHT PHYSICAL LABOUR OCCUPATIONS - CALORIE VALUES FOR 10 MINUTES OF ACTIVITY	55kg - 80kg	Body Weight 80kg - 100kg	100kg +
Assembly Line	20	28	40
Auto Repair	35	48	69

Carpentry	32	44	64
Bricklaying	28	40	57
Farming Chores	32	44	64
House Painting	29	40	58
HEAVY PHYSICAL LABOUR OCCUPATIONS - CALORIE VALUES FOR 10 MINUTES OF ACTIVITY	55kg - 80kg	Body Weight 80kg - 100kg	100kg +
Pick and Shovel Work	56	78	110
Chopping Wood	60	84	121
Dragging Logs	158	220	315