

How many calories are you burning?

Calorie burn will vary by individual.

The table below gives general estimates on how many calories are burned during certain activities over one hour, based on the person's weight. The more a person weighs, the more calories he or she will burn.

Activity	Calories burned in one hour of activity		
	160 pounds	200 pounds	240 pounds
Aerobics, high impact	533	664	796
Aerobics, low impact	365	455	545
Aerobics, water	402	501	600
Bicycling <10 mph	292	364	436
Elliptical trainer, moderate effort	365	455	545
Jumping rope	861	1074	1286
Resistance/weight training	365	455	545
Running, 5 mph or 12 minutes per mile	606	755	905
Swimming, light or moderate	423	528	632
Tai chi	219	273	327
Walking, 2 mph or 30 minutes per mile	204	255	305
Yoga, hatha	183	228	273

Source: "Compendium of Physical Activities: A second update of codes and MET values,"
Medicine & Science in Sports & Exercise



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