

**Rate The Aerobic Activity\***

<b>Best Calorie Burners</b>	
<b>Swimming</b> 30 yards/minute = 375 calories/hour 45 yards/minute = 615 calories/hour	<b>Cross-country skiing</b> 850-1200 calories/hour
<b>Low-impact aerobics</b> 360-480 calories/hour	<b>Jumping rope</b> 50-60 skips/minute = 455 calories/hour
<b>Karate or martial arts</b> 750 calories/hour	
<b>Second-Best Calorie Burners</b>	
<b>Brisk walking or jogging</b> 55 miles/hour = 550-600 calories/hour	<b>Handball, squash, racquetball</b> 600-660 calories/hour
<b>Cycling</b> 12 miles/hour = 480-600 calories/hour	<b>Soccer and long-distance field sports</b> 525-575 calories/hour
<b>Roller or ice skating</b> 360-420 calories/hour	
<b>Third-Best Calorie Burners</b>	
<b>Football, basketball, hockey</b> 5.5 miles/hour = 585 calories/hour	<b>Tennis singles</b> 380-420 calories/hour
<b>Volleyball</b> 300-330 calories/hour	<b>Windsurfing</b> 280-400 calories/hour

\*This chart is based on a person weighing 150 Pounds. Your child will burn fewer calories if he is smaller, and more if he is larger.