

Calories Burned Per Hour By Various Activities

(Approximate Values Based on a 120- to 150-pound Individual)

Badminton (singles recreational)	310	Calisthenics Low	245
		Medium	395
		High	585
Baking (using mixer)	100	Card playing	80
Basketball (half-court)	495	Carpentry work (light)	205
Bicycling (15 mph)	370	Checkout-counter work	120
Dancing	385	Raking leaves	200
Dinner preparation	120	Resting (seated)	50-65
Domestic work (cleaning windows, scrubbing floors, no pause)	225	Running in place 50 to 60 steps per minute	455
		90 to 100 steps per minute	585
Driving car (automatic, light traffic)	85	Shopping	150
Eating	80	Skiing cross-country (5 mph)	625
Golf (foursome, 9 holes, 2 hours)	225	Skiing downhill (continuous)	530
Handball (2 people)	695	Skipping rope (50 to 60 skips per minute)	455
Hunting (not sitting)	400	Standing-light activity (dishwashing, etc.)	120
Jogging (5.5 mph)	585	Standing-no movement	90
Lawn mowing (power)	225	Swimming 30 yards per minute	375
		45 yards per minute	615
Making beds	185	Table tennis (recreational)	270
Office work	130	Telephone talking (sitting)	80
Painting house	185	Tennis (singles)	380
Personal toilet (washing, shaving, dressing, combing, etc.)	180	Walking 2 mph	165
		3 1/2 mph	280
Playing pool	140	Washing cars	205
Washing clothes (washing machine)	145	Weeding	270
Washing dishes (dishwasher)	100	Window cleaning	205
Watching TV	30-50	Writing	80