

Activity

Calories
Used:

Reading, Watching TV, Sitting (some brain activity)

75 per hour

Sewing (sitting down at a sewing machine)

80 per hour

Grocery Shopping, loading purchased groceries in your vehicle, carrying them into your home, and putting them away

90 per hour

Motel type work; making beds, cleaning bathroom, light vacuuming, empty small trash containers (not breaking a sweat)

95 per hour

Quietly standing in line

100 per hour

Brain Work; study, desk job, accounting, computer work, heavy concentrating, some moving around

110 per hour

Playing with your dog; throwing rawhide, playing tag, playing fetch

115 per hour

Chasing after kids, wiping noses, cleaning scrapes, fixing bruised egos, referring, picking up toys

120 per hour

Busily cleaning house, doing laundry, hanging clothes outside on clothesline, going up and down stairs, cleaning refrigerator, picking up clothes (doing a lot of bending over and picking up items)

130 per hour

Walking (moderate movement)

130 per hour

Horseback Riding

130 per hour

*Bicycling, (6 mph). Once warmed up, you must work at your THR for 20 - 30 minutes, without stopping

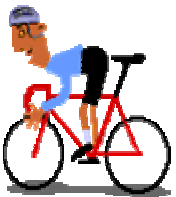
135 per hour

Mall type shopping; walking through stores at an active pace, trying on clothes, carrying packages, (not resting on benches)

135 per hour

Getting ready for a yard sale (going through closets, boxing items, emptying drawers)

150 per hour



Wrestling	180 for a 10 - 15 minute match
Heavy housework; scrubbing floors on hands and knees, stripping paint, hand-washing walls, cleaning the garage. (Using a lot of up and down motion with the body.)	225 per hour
Yoga, breaking a sweat	230 per hour
Weeding a garden (stooping and bending), bagging up discarded weeds, and carrying them away, breaking a little sweat.	230 per hour
Light exercise, walking 2 1/2 miles per hour, sweating somewhat	250 per hour
Playing Golf, riding in a golf cart between holes	250 per hour
Softball, soccer, free-style swimming	260 per hour
*Skateboarding (no rest breaks)	275 per hour
Line Dancing, Country Western Style, Square Dancing	280 per hour
Lawn mowing, using a push mower, (bending down often to remove rubbish from the way) gathering up leaves and carrying them away	295 per hour
Playing golf, pushing a bag cart (with wheels) and walking between holes, some sweating	300 per hour
Martial arts, Tai Chi, or Karate (no rest breaks)	345 for 1 hour
Tennis, Doubles, Square Dancing	350 per hour
Playing golf, lugging your own clubs around at a fast pace, walking between holes, sweating & labored breathing	370 per hour
*Bicycling, (12 mph), (working at your THR for 20 - 30 minutes without stopping)	385 per hour
Hiking, Rock Climbing, uphill	390 per hour



Dancing to Rock and Roll Music	400 per hour
*Power <u>walking</u> , 4 1/2 miles per hour (almost a <u>jog</u>), (working at your <u>THR</u> for 20 - 30 minutes without stopping)	400 per hour
* <u>Walking</u> up and down steep stairs in your own home (12 steps to each set of stairs), not holding on to the banister, not stopping- only counts as aerobic if it is continuous for 20 - 30 minutes at your <u>THR</u>	425 per hour
Racquetball, football, hockey, basketball	460 per hour
*Jump Rope, Continuous for at least 20 - 30 minutes at your <u>THR</u> without stopping	480 per hour
*Cross Country Ski Machine, gym type (working at your <u>THR</u> for 20 - 30 minutes without stopping)	500 per hour
Tennis, Singles	510 per hour
*Bicycling, (12 - 14 mph) (working at your <u>THR</u> for 20 - 30 minutes without stopping)	530 per hour
Circuit Weight Training, using heavy enough weights to allow only 8 - 12 reps per set, (moving from station to station with only a 20 second rest between machines)	540 per hour
*Stair climbing in a gym, 125 - 140 sets of stairs (10 stairs to a set) (working at your <u>THR</u> for 20 - 30 minutes without stopping)	600 per hour
* <u>Jogging</u> (5 miles per hour) (working at your <u>THR</u> for 20 - 30 minutes without stopping)	600 per hour
*Heavy, vigorous <u>running</u> 10 miles per hour, athletic swimming, cross country skiing (nonstop), biking 14 miles per hour, (some uphill), racquetball. (Working at your <u>THR</u> for 20 - 30 minutes without stopping)	700 per hour
*Exercising using an Elliptical Rider or Rowing Machine, (working at your <u>THR</u> for 20 - 30 minutes without stopping)	850 per hour

