

Activity = Burned Calories!

How many calories are you burning in one hour of activity? The chart below estimates the number of calories you would burn if you did the activity for one hour.

Everyday activities

Eating	.100
Lying Down or Sleeping	.80
Sitting	.100
Standing	.140
Walking (2½ mph)	.210
Watching TV	.120

Chores and Housework

Baking or Cooking	.150
Chopping Wood	.400
Making Beds	.220
Mopping Floor	.220
Mowing Lawn	.250
Vacuuming	.160

Sports and Leisure

Aerobic Dancing	.370
Baseball	.235
Basketball	.630
Bicycling (5½ mph)	.210
Bowling	.270
Canoeing (2½ mph)	.230
Fishing	.110
Gymnastics	.230
Jumping Rope	.1500
Roller skating	.350
Running (10 mph)	.900
Swimming (½ mph)	.300
Tennis	.420
Trampoline	.660
Volleyball	.350



Distributed in Mississippi by **Dr. Jane Clary**, Associate Extension Professor, Food Science, Nutrition & Health Promotion.

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