

# Calories per Hour Expended in Common Physical Activities

<b>Moderate Physical Activity</b>	<b>Approximate Calories per Hour for a 154 lb Person</b>
Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout)	220
Stretching	180

<b>Vigorous Physical Activity</b>	<b>Approximate Calories per Hour for a 154 lb Person</b>
Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

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