



CALORIC EXPENDITURE CHART

This chart represents an estimation of the amount of calories expended by performing various exercises and physical activities for 30 minutes. Every column is specific for body weight in pounds; one may estimate if the body weight falls between two values.

ACTIVITY	120 lbs.	130	140	150	160	170	180	190	200	220	240	260	280	300	320	340	360	380
Cycling (10 mph)	150	162	175	188	200	213	225	237	250	275	300	325	350	375	400	425	450	475
Cycling (13 mph)	240	260	280	300	320	340	360	380	400	440	480	520	560	600	640	680	720	760
Walking (2 mph, 30 minutes/mile)	72	78	84	90	96	102	108	114	120	132	144	156	168	180	192	204	216	228
Walking (3 mph, 20 minutes/mile)	96	104	112	120	128	136	144	152	160	176	192	208	224	240	264	276	300	324
Walking (4 mph, 15 minutes/mile)	120	130	140	150	160	170	180	190	200	220	240	260	280	300	320	340	360	380
Stair Climbing (upstairs)	168	182	196	210	224	238	252	266	280	308	336	364	392	420	448	476	504	532
Stair Climbing machine	192	208	224	240	256	272	288	304	320	352	384	416	448	480	512	544	576	608
Jogging (5 mph, 12 minute/mile)	222	240	259	278	296	315	333	352	370	407	444	481	518	555	592	629	666	703
Jogging (6 mph, 10 minute/mile)	276	299	322	345	368	391	414	437	460	506	552	598	644	690	736	782	828	874
Running (8 mph, 7.5 minute/mile)	366	396	427	458	488	518	549	579	610	671	732	793	854	915	976	1037	1098	1159
Running (9 mph, 6.7 minute/mile)	396	429	462	495	528	561	594	627	660	726	792	858	924	990	1056	1122	1188	1254
Running (10 mph, 6 minute/mile)	420	455	490	525	560	595	630	665	700	770	840	910	980	1050	1120	1190	1260	1130
Backpacking (10 lb. load)	216	234	252	270	288	306	324	342	360	396	432	468	504	540	576	612	648	684
Hiking (no load)	186	202	217	232	248	263	279	294	310	341	372	403	434	465	496	527	558	589
Dancing (slow)	66	72	77	82	88	94	99	105	110	121	132	143	154	165	176	187	198	209

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Dancing (fast)	120	130	140	150	160	170	180	190	200	220	240	260	280	300	320	340	360	380
Aerobic step	174	189	203	218	232	247	261	276	290	319	348	377	406	435	464	493	522	551
Snow skiing, downhill	156	169	182	195	208	221	234	247	260	286	312	338	364	390	424	458	492	526
Cross country snow skiing, moderate	264	286	308	330	352	374	396	418	440	484	528	572	616	660	704	748	792	836
Waterskiing	192	208	224	240	256	272	288	304	320	352	384	416	448	480	524	572	620	668
Canoeing, 2.5 mph	84	91	98	105	112	119	126	133	140	154	168	182	196	210	224	238	252	266
Canoeing, 4.0 mph	162	175	189	202	216	230	243	257	270	297	324	351	378	405	432	459	486	513
Swimming (25 yards/min.)	144	156	168	180	192	204	216	228	240	264	288	312	336	360	384	408	432	456
Swimming (50 yards/min.)	270	292	315	338	360	382	405	428	450	495	540	585	630	675	720	765	810	855
Golfing (walking, no cart)	120	130	140	150	160	170	180	190	200	220	240	260	280	300	320	340	360	380
Golfing (with cart)	84	91	98	105	112	119	126	133	140	154	168	182	196	210	224	238	252	266
Tennis (singles)	192	208	224	240	256	272	288	304	320	352	384	416	448	480	524	572	620	668
Tennis (doubles)	132	143	154	165	176	187	198	209	220	242	264	286	308	330	352	374	396	418
Basketball (leisure)	156	169	182	195	208	221	234	247	260	286	312	338	364	390	424	458	492	526
Basketball (game)	264	286	308	330	352	375	396	418	440	484	528	572	616	660	704	748	792	836
Soccer	234	253	273	292	312	332	351	371	390	429	468	507	546	585	624	663	702	741
Volleyball (leisure)	84	91	98	105	112	119	126	133	140	154	168	182	196	210	224	238	252	266
Weight Training (60 sec. between sets)	228	247	266	285	304	323	342	361	380	418	456	494	532	570	608	646	684	722
Snow Shoveling	234	253	273	292	312	332	351	371	390	429	468	507	556	585	624	663	702	741
Mowing	162	175	189	202	216	230	243	257	270	297	324	351	378	405	432	459	486	513
Gardening (moderate)	108	117	126	135	144	153	162	171	180	198	216	234	252	270	288	306	324	342
Grocery Shopping	72	78	84	90	96	102	108	114	120	132	144	156	168	180	192	204	216	228

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