

## Calories burned in 30 minutes for people of three different weights

(This table was first printed in the July 2004 issue of the Harvard Heart Letter. For more information or to order, please go to <http://www.health.harvard.edu/heart>.)

The table below lists the calories burned by doing dozens of activities listed by category (such as gym activities, training and sports activities, home repair, etc.) for 30 minutes. In each category, activities are listed from least to most calories burned.

	125 pound person	155 pound person	185 pound person
<b>Gym Activities</b>			
Weight Lifting: general	90	112	133
Aerobics: water	120	149	178
Stretching, Hatha Yoga	120	149	178
Calisthenics: moderate	135	167	200
Riders: general (ie., HealthRider)	150	186	222
Aerobics: low impact	165	205	244
Stair Step Machine: general	180	223	266
Teaching aerobics	180	223	266
Weight Lifting: vigorous	180	223	266
Aerobics, Step: low impact	210	260	311
Aerobics: high impact	210	260	311
Bicycling, Stationery: moderate	210	260	311
Rowing, Stationery: moderate	210	260	311
Calisthenics: vigorous	240	298	355
Circuit Training: general	240	298	355
Rowing, Stationery: vigorous	255	316	377
Elliptical Trainer: general	270	335	400
Ski Machine: general	285	353	422
Aerobics, Step: high impact	300	372	444
Bicycling, Stationery: vigorous	315	391	466
<b>Training and Sport Activities</b>			

**Training and Sport Activities**

Billiards	75	93	111
Bowling	90	112	133
Dancing: slow, waltz, foxtrot	90	112	133
Frisbee	90	112	133
Volleyball: non-competitive, general play	90	112	133
Water Volleyball	90	112	133
Archery: non-hunting	105	130	155
Golf: using cart	105	130	155
Hang Gliding	105	130	155
Curling	120	149	178
Gymnastics: general	120	149	178
Horseback Riding: general	120	149	178
Tai Chi	120	149	178
Volleyball: competitive, gymnasium play	120	149	178
Walk: 3.5 mph (17 min/mi)	120	149	178
Badminton: general	135	167	200
Walk: 4 mph (15 min/mi)	135	167	200
Kayaking	150	186	222
Skateboarding	150	186	222
Snorkeling	150	186	222
Softball: general play	150	186	222
Walk: 4.5 mph (13 min/mi)	150	186	222
Whitewater: rafting, kayaking	150	186	222
Dancing: disco, ballroom, square	165	205	244
Golf: carrying clubs	165	205	244
Dancing: Fast, ballet, twist	180	223	266
Fencing	180	223	266
Hiking: cross-country	180	223	266
Skiing: downhill	180	223	266
Swimming: general	180	223	266
Walk/Jog: jog <10 min.	180	223	266
Water Skiing	180	223	266
Wrestling	180	223	266
Basketball: wheelchair	195	242	289
Race Walking	195	242	289
Ice Skating: general	210	260	311
Racquetball: casual, general	210	260	311
Rollerblade Skating	210	260	311

Running: 8.6 mph (7 min/mile)	435	539	644
Bicycling: > 20 mph	495	614	733
Running: 10 mph (6 min/mile)	495	614	733
<b>Outdoor Activities</b>			
Planting seedlings, shrubs	120	149	178
Raking Lawn	120	149	178
Sacking grass or leaves	120	149	178
Gardening: general	135	167	200
Mowing Lawn: push, power	135	167	200
Operate Snow Blower: walking	135	167	200
Plant trees	135	167	200
Gardening: weeding	139	172	205
Carrying & stacking wood	150	186	222
Digging, spading dirt	150	186	222
Laying sod / crushed rock	150	186	222
Mowing Lawn: push, hand	165	205	244
Chopping & splitting wood	180	223	266
Shoveling Snow: by hand	180	223	266
<b>Home &amp; Daily Life Activities</b>			
Sleeping	19	23	28
Watching TV	23	28	33
Reading: sitting	34	42	50
Standing in line	38	47	56
Cooking	75	93	111
Child-care: bathing, feeding, etc.	105	130	155
Food Shopping: with cart	105	130	155
Moving: unpacking	105	130	155
Playing w/kids: moderate effort	120	149	178
Heavy Cleaning: wash car, windows	135	167	200
Child games: hop-scotch, jacks, etc.	150	186	222
Playing w/kids: vigorous effort	150	186	222
Moving: household furniture	180	223	266
Moving: carrying boxes	210	260	311
<b>Home Repair</b>			
Auto Repair	90	112	133

Scuba or skin diving	210	260	311
Sledding, luge, toboggan	210	260	311
Soccer: general	210	260	311
Tennis: general	210	260	311
Basketball: playing a game	240	298	355
Bicycling: 12-13.9 mph	240	298	355
Football: touch, flag, general	240	298	355
Hockey: field & ice	240	298	355
Rock Climbing: rappelling	240	298	355
Running: 5 mph (12 min/mile)	240	298	355
Running: pushing wheelchair, marathon wheeling	240	298	355
Skiing: cross-country	240	298	355
Snow Shoeing	240	298	355
Swimming: backstroke	240	298	355
Volleyball: beach	240	298	355
Bicycling: BMX or mountain	255	316	377
Boxing: sparring	270	335	400
Football: competitive	270	335	400
Orienteering	270	335	400
Running: 5.2 mph (11.5 min/mile)	270	335	400
Running: cross-country	270	335	400
Bicycling: 14-15.9 mph	300	372	444
Martial Arts: judo, karate, kickbox	300	372	444
Racquetball: competitive	300	372	444
Rope Jumping	300	372	444
Running: 6 mph (10 min/mile)	300	372	444
Swimming: breaststroke	300	372	444
Swimming: laps, vigorous	300	372	444
Swimming: treading, vigorous	300	372	444
Water Polo	300	372	444
Rock Climbing: ascending	330	409	488
Running: 6.7 mph (9 min/mile)	330	409	488
Swimming: butterfly	330	409	488
Swimming: crawl	330	409	488
Bicycling: 16-19 mph	360	446	533
Handball: general	360	446	533
Running: 7.5 mph (8 min/mile)	375	465	555

Wiring and Plumbing	90	112	133
Carpentry: refinish furniture	135	167	200
Lay or remove carpet/tile	135	167	200
Paint, paper, remodel: inside	135	167	200
Cleaning rain gutters	150	186	222
Hanging storm windows	150	186	222
Paint house: outside	150	186	222
Carpentry: outside	180	223	266
Roofing	180	223	266
<b>Occupational Activities</b>			
Computer Work	41	51	61
Light Office Work	45	56	67
Sitting in Meetings	49	60	72
Desk Work	53	65	78
Sitting in Class	53	65	78
Truck Driving: sitting	60	74	89
Bartending/Server	75	93	111
Heavy Equip. Operator	75	93	111
Police Officer	75	93	111
Theater Work	90	112	133
Welding	90	112	133
Carpentry Work	105	130	155
Coaching Sports	120	149	178
Masseur, standing	120	149	178
Construction, general	165	205	244
Coal Mining	180	223	266
Horse Grooming	180	223	266
Masonry	210	260	311
Forestry, general	240	298	355
Heavy Tools, not power	240	298	355
Steel Mill: general	240	298	355
Firefighting	360	446	533

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