Calories Burned During Physical Activities

The following table gives the number of calories you burn doing 10 minutes of each physical activity listed. The number of calories varies depending on a number of factors including weight, age, and environmental conditions. The figures given are for men ranging in weight from 175-250 lbs and women ranging from 140-200 lbs. If you weigh more than this you will burn more calories per minute.

Physical Activity	**Calories Burned in 10 minutes**	
	Man	Woman
Light Activities	50	40
Cleaning house		
Office work		
Playing baseball		
Playing golf with a motor-cart		
Moderate Activities	80	60
Walking briskly (3.5 mph)		
Gardening		
Leisurely bicycling (5.5 mph)		
Playing basketball		
Washing windows		
Wheeling self in wheelchair		
Shoveling snow		
Walking stairs		
Water aerobics		
Dancing fast		
Strenuous Activities	120	100
Jogging (9 min/mile)		
Playing football		
Swimming		
Very Strenuous Activities	150	120
Running (7 min/mile)		
Racquetball		
Cross-country skiing		