

Calories Burned During Physical Activities

The following table gives the number of calories you burn doing 10 minutes of each physical activity listed. The calories will vary 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.

CALORIES BURNED IN 10 MINUTES

LIGHT ACTIVITY	MALE	FEMALE
Ballroom Dancing	35–50	28–40
Cleaning, Sweeping at moderate effort	26–38	21–30
Washing Dishes	29–42	23–30
Tai Chi	35–50	28–40
MODERATE ACTIVITY		
Bicycling at <10 miles per hour	46–66	37–53
Step Aerobics	64–91	51–73
Cleaning Gutters	58–83	46–66
Mowing the Lawn	64–91	51–73
Raking Leaves	44–63	35–50
Walking at 4 miles per hour	58–83	46–66
Shoveling Snow	61–88	49–70
Bowling	44–63	35–50
Golf, Walking and Pulling Clubs	61–88	49–70
Slow Lap-Swimming	63–90	54–72
VIGOROUS ACTIVITY		
Jogging (9 min/mile)	149–213	119–170
Basketball	75–108	60–86
Carrying Groceries Upstairs	87–125	70–100