

Public Safety Health and Wellness



Calories Burned During Exercise

(The numbers are calories burned per pound of body weight, per hour)

Badminton	2.6	Bicycling, 10 mph	2.7
Chopping wood, ax	2.3	Dancing, ballroom	1.6
Dancing, modern	2.6	Farming, light	2.3
Farming, heavy	3.2	Gardening, hoe, dig	3.2
Golf, walking	2.3	Horse, grooming	3.5
House cleaning	1.6	Hiking, hilly	3.6
Horseback riding, trot	2.8	Jogging, 6mph	4.2
Jumping rope	3.8	Mopping	1.7
Painting, outside	2.1	Racquetball	4.1
Rowing machine	3.1	Sawing, by hand	3.3
Scrubbing floors	2.9	Scuba diving	3.8
Skating, ice	2.6	Snow shoveling, light	2.9
Skiing, cross-country	3.7	Skiing, downhill	2.6
Snowshoe walking	4.5	Squash	4.3
Swimming, slow crawl	3.5	Soccer	3.7
Table tennis	1.9	Tennis, singles	2.9
Tennis, doubles	1.8	Volleyball	2.2
Walking, 3.5 mph	2.4	Water skiing	3.0
Weight training, light	1.9		

Adapted from B. Stamford and P. Shimer, 1990, *Fitness without exercise* (New York, NY: Warner Books).