Fit Facts™

CALORIE BURNERS: ACTIVITIES THAT TURN UP THE HEAT

When it comes to burning calories, most of us want to get as much mileage out of our exercise as possible. For many, the more calories we burn, the better we feel about our workout. While energy expenditure should not be the only measure of a good workout (remember, it's good for you and makes you feel pretty good, too), it is helpful to know what a given activity might be costing you in terms of calories.

A word of caution, though, about counting calories. Simply burning more calories will take you only so far down the road to better health. A well-balanced, low-fat diet, plenty of rest and a healthy attitude are also essential. And, of course, all things in moderation — even exercise.

READING THE CHART

The numbers on this chart correspond to how many calories individuals of various weights burn per minute during different activities. Simply multiply this number by how many minutes you perform a given activity. For example, a 160-pound man jogging will burn about 12.4 calories per minute, or 372 calories during a 30-minute jog.

There are a few things you should keep in mind as you review this chart. With exercise, it really is true that you get out of it what you put into it. Simply showing up for class and going through the motions isn't going to do you much good. To get the most out of your exercise session, give it your all, even if your all is less than what others might be doing.

And don't forget to look for little ways to increase the number of calories you burn each day. You might be surprised to learn that it is possible to burn more calories simply by becoming more active in your daily life. Doing things like taking the stairs, walking to the mailbox instead of driving, and doing chores around the house are great ways to burn additional calories.

Activity Calories/min.	120 lb.	140 lb.	160 lb.	180 lb.
Basketball	7.5	8.8	10.0	11.3
Bowling	1.2	1.4	1.6	1.9
Cycling (10 MPH)	5.5	6.4	7.3	8.2
Dancing (aerobic)	7.4	8.6	9.8	11.1
Dancing (social)	2.9	3.3	3.7	4.2
Gardening	5.0	5.9	6.7	7.5
Golf (pull/carry clubs)	4.6	5.4	6.2	7.0
Golf (power cart)	2.1	2.5	2.8	3.2
Hiking	4.5	5.2	6.0	6.7
Jogging	9.3	10.8	12.4	13.9
Running	11.4	13.2	15.1	17.0
Sitting, quietly	1.2	1.3	1.5	1.7
Skating (ice and roller)	5.9	6.9	7.9	8.8
Skiing (cross country)	7.5	8.8	10.0	11.3
Skiing (water and downhill)	5.7	6.6	7.6	8.5
Swimming (crawl, moderate pace)	7.8	9.0	10.3	11.6
Tennis	6.0	6.9	7.9	8.9
Walking	6.5	7.6	8.7	9.7
Weight Training	6.6	7.6	8.7	9.8