

*Courtesy of El Camino Medical Clinic
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Exercise and Calorie Expenditure *Calories Burned per Hour*

Some physical activities burn more calories than others. Below are the average number of calories a 154-pound person will burn, per hour, for a variety of activities. (A lighter person will burn fewer calories; a heavier person will burn more.) As you can see, vigorous-intensity activities burn more calories than moderate-intensity activities.

Moderate Physical Activity Calories Burned per Hour

Hiking	370 Calories per Hour
Light gardening/yard work	330 Calories per Hour
Dancing	330 Calories per Hour
Golf (walking and carrying clubs)	330 Calories per Hour
Bicycling (less than 10 mph)	290 Calories per Hour
Walking (3.5 mph)	280 Calories per Hour
Weight lifting (light workout)	220 Calories per Hour
Stretching	180 Calories per Hour

Vigorous Physical Activity Calories Burned per Hour

Running/jogging	590 Calories per Hour
Bicycling (more than 10 mph)	590 Calories per Hour
Swimming (slow freestyle laps)	510 Calories per Hour
Aerobics	480 Calories per Hour
Walking (4.5 mph)	460 Calories per Hour
Heavy yard work (chopping wood, for example)	440 Calories per Hour
Weight lifting (vigorous workout)	440 Calories per Hour
Basketball (vigorous)	440 Calories per Hour