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| |  |  | | --- | --- | | **ACTIVITY** | **CALORIES USED**: | | Sleeping | 60 per hour | | Sitting on Couch | 75 per hour | | Grocery Shopping | 90 per hour | | Doing Light Household Chores | 95 per hour | | Standing in Line | 100 per hour | | Playing with Your Dog | 115 per hour | | Playing with Kids (not rigorous) | 120 per hour | | Driving | 120 per hour | | Shopping | 135 per hour | | Eating | 140 per hour | | Bowling | 145 per hour | | Household Chores (vacuuming or scrubbing) | 225 per hour | | Yoga (breaking a sweat) | 230 per hour | | Walking | 230 per hour | | Gardening | 230 per hour | | Brisk Walking | 250 per hour | | Playing Golf (riding in a golf cart) | 250 per hour | | Softball | 260 per hour | | Dancing | 270 per hour | | Skateboarding | 275 per hour | | Mowing the lawn (push mower) | 295 per hour | | Lifting Weights | 300 per hour | | Playing Golf (walking w/ bag) | 330 per hour | | Volleyball | 340 per hour | | Hiking | 390 per hour | | Shoveling Snow | 400 per hour | | Power Walking | 400 per hour | | Playing Basketball or Racquetball | 510 per hour | | Tennis | 510 per hour | | Swimming | 520 per hour | | Bicycling (fast pace) | 530 per hour | | Circuit Weight Training | 540 per hour | | Stair climber in a Gym | 600 per hour | | Jogging (5 miles per hour) | 600 per hour | | Running | 700 per hour | | Bicycling | 710 per hour | | Water Aerobics | 720 per hour | | Step Aerobics | 750 per hour | | Spinning Class in a Gym | 820 per hour | | Elliptical Rider or Rowing Machine | 850 per hour | | Jump Rope | 900 per hour | | Running (fast pace) | 1000 per hour |  |  |  | | --- | --- | | Aerobics exercise | 178 | | Basketball | 258 | | Badminton | 125 | | Bowling | 108 | | Brisk walking | 150 | | Cycling | 150 | | Dancing | 130 | | Driving car | 50 | | Fishing | 114 | | Gardening | 150-200 | | Golf | 108 | | Hockey | 249 | | Horse riding | 255 | | House work | 75-125 | | Ice skating | 315 | | Jogging | 300-450 | | Judo | 363 | | Lawn Mowing- Power | 125 | | Lawn Mowing- Push | 150-200 | | Mountain climbing | 270 | | Rowing | 378 | | Roller skating | 315 | | Running | 325 | | Sitting at the desk | 50 | | Skiing | 252 | | Squash | 325 | | Stairs- Downstairs | 210 | | Stairs- Upstairs | 300-500 | | Swimming | 250 | | Tennis | 261 | | Volley ball | 93 | | Watching TV | 50 | | Walking- strolling level surface 1-2 mph | 60-75 | | Walking- leisurely Level surface 3 mph | 150 | | Walking- brisk Level surface 3.5 mph | 180 | | Walking- fast Level surface 4.5 mph | 200-240 |   Aerobics 115 calories/10 mins Gardening 49 calories/10 mins Racquetball 90 calories/10 mins [Running](http://www.livestrong.com/running/) 131 calories/10 mins Shopping 42 calories/10 mins Volleyball 34 calories/10 mins Climbing stairs 175 calories/10 mins Basketball 90 calories/10 mins Dance Exercise 109 calories/10 mins Rope Skipping 121 calories/10 mins Soccer 92 calories/10 mins |  |