

Energy Demands of Physical Activities

Activity	Calories/ lb./min.	Calories burned during 30 minutes of activity at various body weights				
		<i>110 lb.</i>	<i>125 lb.</i>	<i>150 lb.</i>	<i>175 lb.</i>	<i>200 lb.</i>
Aerobic dance (vigorous)	0.062	204	234	279	327	372
Basketball (vigorous/full crt.)	0.097	321	363	438	510	582
Bicycling						
13 mph	0.045	150	168	204	237	270
19 mph	0.076	252	285	342	399	456
25 mph	0.139	459	522	627	729	834
Golf (carrying clubs)	0.045	150	168	204	237	270
Rowing (vigorous)	0.097	321	363	438	510	582
Running						
5 mph	0.061	201	228	276	321	366
7.5 mph	0.094	309	354	423	492	564
10 mph	0.114	375	429	513	600	687
Studying	0.011	36	42	51	57	66
Swimming						
20 yd./min.	0.032	105	120	144	168	192
45 yd./min.	0.058	192	219	261	306	348
50 yd./min.	0.070	231	264	315	369	420
Tennis (beginner)	0.032	105	120	144	168	192
Walking (briskly)	0.035	117	132	156	183	210
3.5 mph	0.048	159	180	216	252	288
4.5 mph						
Weight Lifting						
Light-Moderate	0.023	76	86	104	121	138
Vigorous	0.045	149	169	203	236	270