

Calories Burned by Physical Activity

This table shows the approximate calorie-burning ability of common activities. The average adult should accumulate 30 minutes of moderate physical activity on 5 or more days of the week. Children should get 30-60 min of moderate physical activity on most days of the week and high physical activity for 10-15 minutes every day. To achieve high physical activity increase the intensity of the activities in the moderately high physical activities.



Very Low

- Watching TV
- Using a computer
- Sitting



Moderately Low

- Standing
- Strolling
- Dancing, slow (fox-trot, waltz)
- Bowling
- Housecleaning
- Yoga



Moderate

- Playing actively with kids
- Leisurely biking (5 miles in 30 min)
- Horseback riding
- Tai chi
- Weeding the garden
- Baseball, softball
- Brisk walking (2 miles in 30 min)
- Golf, walking the course
- Low-impact aerobics
- Mowing the lawn
- Dancing, fast (disco, folk, square)
- Tennis, doubles



Moderately High

- Walking uphill
- Tennis, singles
- Skiing, downhill
- Biking (12-14 mph)
- Climbing stairs
- Swimming, slow
- High-impact aerobics
- Skiing, cross-country
- Basketball
- Jogging (5 mph)

