

# Calorie-Burning Chart for Various Activities

*Approximate calories burned, per hour, by a 150-pound woman*

<i>Exercise</i>	<i>Calories/hour</i>	<i>Exercise</i>	<i>Calories/hour</i>
Sleeping	55	Water Aerobics	400+
Eating	85	Skating/blading	420+
Sewing	85	Dancing, aerobic	420+
Knitting	85	Aerobics	450+
Sitting	85	Bicycling, moderate	450+
Standing	100	Jogging, 5mph	500+
Driving	110	Gardening, digging	500+
Office Work	140	Swimming, active	500+
Housework, moderate	60+	Cross country ski machine	500+
Golf, with trolley	180	Hiking	500+
Golf, without trolley	240	Step Aerobics	550+
Gardening, planting	250	Rowing	550+
Dancing, ballroom	260	Power Walking	600+
Walking, 3mph	280+	Cycling, studio	650
Table Tennis	290+	Squash	650+
Gardening, hoeing etc.	350+	Skipping with rope	700+
Tennis	350+	Running	700+