

Steps to a Healthier FL-Pinellas County



Calorie Chart

CALORIE EXPENDITURE CHART PER HOUR FOR VARIOUS ACTIVITIES

BODY WT. KG LB	44 97	50 110	56 123	62 137	68 159	74 163	80 176	86 190	92 203	98 216	104 229	110 242	116 255	122 269
ACTIVITY														
Badminton	265	300	325	360	395	430	465	500	535	570	600	635	665	700
Baseball	210	225	240	255	270	285	290	305	320	335	350	365	380	395
Basketball	365	415	460	510	565	610	660	710	760	805	855	905	950	995
Competitive	390	445	500	550	600	655	710	760	810	865	910	960	1010	1065
Boxing	400	455	510	565	620	675	730	785	840	895	950	1005	1055	1110
Circuit Training	350	380	410	440	470	500	530	560	590	620	650	680	710	740
Cycle @ 12 mph	360	390	425	460	495	530	565	600	635	670	705	740	775	810
Racing	450	510	570	630	690	750	810	870	930	990	1050	1110	1170	1230
Dancing	270	295	320	345	370	395	420	445	470	495	520	545	570	595
<i>Remember that these are only guidelines, your lean muscle percentage, skill and fitness level will alter your expenditure.</i>														
Field Hockey	360	405	450	500	545	590	635	680	725	770	815	860	905	950
Football	355	400	445	490	535	580	625	670	715	760	805	850	895	940
Golf	230	260	290	320	350	380	410	440	470	500	530	560	590	620
Horse Riding	240	275	310	345	370	405	440	475	510	545	580	615	650	685
Rowing Crew	600	660	720	780	830	890	940	1000	1060	1120	1180	1235	1295	1345

Running 6.5 mph	425	480	535	590	650	705	760	820	875	930	985	1045	1100	1160
	@ 10 mph	620	690	765	835	900	965	1035	1100	1170	1235	1300	1365	1430
Skating (inline)	250	285	320	355	380	410	445	480	515	550	590	625	660	700
Skiing (piste)	295	335	375	415	455	495	535	575	615	655	695	735	775	815
Squash	515	580	645	710	785	850	915	980	1045	1110	1175	1240	1305	1370
Swimming Slow	230	260	290	320	350	380	410	440	470	500	530	560	590	620
	Fast laps	400	445	490	535	580	625	670	705	750	795	840	885	930
Tennis social	300	340	375	415	455	490	530	570	605	645	680	720	760	795
Weight Training	350	395	440	485	530	575	620	665	710	755	800	845	890	935
Walking 5 kph.	200	220	240	260	280	300	320	340	360	380	400	420	440	460