

How Many Calories Are You Burning?

These values are based on 30 minutes of activity by a 100-lb person. Provided by www.fitwatch.com.

Activity	Calories Burned
Household chores, moderate intensity	83 calories
Rollerblading	286 calories
Sledding, tobogganing	167 calories
Skiing, downhill, light intensity	119 calories
Running up the stairs	357 calories
Playing frisbee	71 calories
Walking the dog	71 calories
Raking leaves	95 calories
Tennis, doubles	143 calories
Tennis, singles	191 calories
Running, 5 mph	191 calories
Running, 9 mph	357 calories
Biking, moderate pace	143 calories
Soccer, competitive	238 calories
Basketball, competitive	191 calories
Walking, 3.5 mph	90 calories
Baseball/softball	119 calories
Volleyball, competitive	191 calories