

CALORIES BURNED IN 10 MINUTES

1. Find your weight (use the lower weight category that most closely matches your weight).
2. Estimate your activity into 10-minute units.
3. Multiply units by calories expended (for your weight) in 10 minutes of exercise. For example, if you weigh 160 pounds and jog/walked for 20 minutes: multiply 2 (units) x 68 calories (calories expended in 10 minutes for a 150-pound person). Your approximate caloric expenditure is 136 calories for your 20-minute activity.

ACTIVITY	125 pounds	150 pounds	175 pounds	200 pounds	225 pounds
Bicycling, leisurely 10 mph	38	45	53	61	68
Bicycling, 10-12 mph (light)	57	68	80	91	102
Bicycling, mountain (strenuous)	80	97	113	129	145
Bicycling, stationary	66	80	93	106	119
Canoeing/rowing for pleasure	33	40	46	53	60
Football or baseball, playing catch	24	28	33	38	43
Gardening	47	57	66	76	85
Golf, pulling clubs	47	57	73	76	85
Golf, power cart	33	40	46	53	60
Health Club stair machine/treadmill	85	102	119	136	153
Household chores, light	24	28	33	38	43
Household chores, moderate	38	45	53	61	68
Jog/walk combination	57	68	80	91	102
Jogging, general	66	80	93	106	119
Running, 5 mph, 12-minute mile	76	91	106	121	136
Skating, ice, 9 mph	52	62	73	83	94
Skiing, downhill, moderate effort	57	68	80	91	102
Skiing, x-country, light/moderate	76	91	106	121	136
Soccer, casual	66	80	93	106	119
Stretching or yoga	24	28	33	38	43
Swimming leisurely (not laps)	57	68	80	91	102
Swimming laps, freestyle	66	80	93	106	119
Tennis, doubles	66	68	80	91	102
Walking, 3 mph, moderate pace	31	37	44	50	56
Walking, very brisk pace	47	57	66	76	85
Water aerobics	38	45	53	61	68
Weight lifting, moderate	28	34	40	45	51

Values calculated from University of Vermont Dept. of Nutrition & Food Sciences, and from Nieman, D.C.: Exercise Testing and Prescription 6th edition, © 2006, McGraw Hill.