

Better Health for Life from
Lehigh Valley Hospital and Health Network



How Many Calories Are You Burning?

This table will give you an idea of how many calories you burn, depending on your weight, while performing various activities for 30 minutes. The three columns on the right show the estimated calories for specific body weights—100 pounds, 150 pounds and 200 pounds. If your own weight falls between two of these columns, you can average out the calories. For example, if you weigh 125 pounds (halfway between 100 and 150), when you go backpacking you'll burn 225 calories (halfway between 180 and 270).

Activity	100 lbs.	150 lbs.	200 lbs.	Activity	100 lbs.	150 lbs.	200 lbs.
Backpacking with 10 lb. load	180	270	360	Shopping for groceries	60	90	120
Basketball (leisurely, nongame)	130	195	260	Snow shoveling	195	292	390
Bicycling, 10 mph (6 minutes/mile)	125	188	250	Snow skiing, downhill	130	195	260
Bowling	55	82	110	Stair climbing	140	210	280
Cross-country snow skiing, leisurely	155	232	310	Swimming (25 yards/minute)	120	180	240
Dancing (noncontact)	100	150	200	Trimming hedges	105	158	210
Gardening, moderate	90	135	180	Vacuuming	75	112	150
Golfing (walking, without cart)	100	150	200	Walking, 2 mph (30 minutes/mile)	60	90	120
Housework	90	135	180	Walking, 3 mph (20 minutes/mile)	80	120	160
Ironing	50	75	100	Walking, 4 mph (15 minutes/mile)	100	150	200
Jogging, 5 mph (12 minutes/mile)	185	278	370	Washing the car	75	112	150
Mopping	85	128	170	Weeding	100	150	200
Mowing	135	202	270	Weight training (40 sec. between sets)	255	382	510
Raking	75	112	150	Weight training (60 sec. between sets)	190	285	380
Running, 5 mph (12 minutes/mile)	185	278	370	Weight training (90 sec. between sets)	125	188	250
Scrubbing the floor	140	210	280	Window cleaning	75	112	150

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

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For more information
or for a physician referral,
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Calorie chart adapted from Cybersoft, Inc.