

Inside the Pyramid

How many calories does physical activity use?

A 154-pound man (5' 10") will use up about the number of calories listed doing each activity below. **Those who weigh more will use more calories, and those who weigh less will use fewer.** The calorie values listed include both calories used by the activity and the calories used for normal body functioning.

Approximate calories used by a 154 pound man		
Moderate physical activities:	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 ½ miles per hour)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
Vigorous physical activities:	In 1 hour	In 30 minutes
Running/jogging (5 miles per hour)	590	295
Bicycling (more than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4 ½ miles per hour)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220