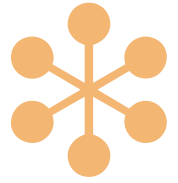


Calorie COUNTER



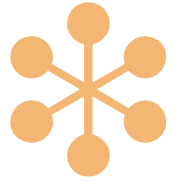
30 minutes is all it takes!

It can be easy—and even fun—to burn off the calories from your sweet treats! If you weigh 60 lbs and you do this activity for 30 minutes you will burn off this many calories:

Sports

- Yoga 45
- Badminton 81
- Basketball 144
- Billiards 45
- Bicycling 144
- Bowling 54
- Coaching: football, soccer, basketball, etc. 72
- Dancing: fast, ballet, twist 86
- Dancing: disco, ballroom, square, line, Irish step, polka 81
- Dancing: slow, waltz, foxtrot, tango, fox trot 54
- Football: competitive 162
- Football: touch, flag, general 144
- Baseball: playing catch 45
- Frisbee: general 54
- Golf: carrying clubs 81
- Golf: using cart 63
- Golf: driving range, miniature 54
- Golf: walking and pulling clubs 77
- Gymnastics: general 72
- Hacky sack 72
- Handball: general 216
- Hiking: cross-country 108
- Hockey: field & ice 144
- Horseback Riding: general 72
- Ice Skating: general 126
- Martial Arts: judo, karate, kick boxing, tae kwan do 180
- Race Walking 117
- Racquetball: casual, general 126
- Rock Climbing: ascending 198
- Rock Climbing: rappelling 144
- Rollerblade / In-Line Skating 225
- Rope Jumping: general, moderate 180
- Running: 5 mph (12 min/mile) 144
- Running: 5.2 mph (11.5 min/mile) 162
- Running: 6 mph (10 min/mile) 180
- Running: 6.7 mph (9 min/mile) 198
- Running: 7 mph (8.5 min/mile) 207
- Running: 8.6 mph (7 min/mile) 252
- Running: 10 mph (6 min/mile) 288
- Running: cross-country 162
- Running: stairs, up 270
- Running: on track, team practice 180
- Scuba or skin diving 126
- Skateboarding 90
- Skiing: cross-country, light effort, general, 2.5 mph 126
- Skiing: cross-country, vigorous, 5.0 - 7.9 mph 162
- Skiing: downhill, moderate effort 108
- Skiing: downhill, vigorous effort, racing 144
- Sledding, luge, toboggan, bobsled 126
- Snorkeling 90
- Soccer: general 126
- Soccer: competitive play 180
- Softball or Baseball: slow or fast pitch, general 90
- Softball: Officiating 72
- Softball: pitching 108
- Surfing: body or board 54
- Swimming: general, leisurely, no laps 108
- Swimming: laps, vigorous 180
- Swimming: backstroke 126
- Swimming: breaststroke 180
- Swimming: butterfly 198
- Swimming: crawl, moderate, 50 yds/min 144
- Swimming: treading, moderate effort 144
- Swimming: lake, ocean, river 108
- Swimming: synchronized 144
- Table Tennis / Ping Pong 72
- Tai Chi 72
- Tennis: singles, competitive 144
- Tennis: doubles, competitive 90
- Tennis: general play 126
- Track & Field: shot, discus, hammer throw 72
- Track & Field: high jump, long jump, triple jump, javelin, pole vault 108
- Track & Field: steeplechase, hurdles 180
- Volleyball: non-competitive, general play, 6 - 9 member team 54
- Volleyball: competitive, gymnasium play 144
- Volleyball: beach 144
- Walk: 2 mph (30 min/mi) 45
- Walk: 3 mph (20 min/mi) 59
- Walk: 3.5 mph (17 min/mi) 68
- Walk: 4 mph (15 min/mi) 90
- Walk: 4.5 mph (13 min/mi) 113
- Walk: 5 mph (12 min/mi) 144
- Water Skiing 108
- Water Jogging 144
- Water Volleyball 54
- Whitewater: rafting, kayaking 90

Calorie COUNTER



Continued

Outdoor Home Maintenance / Improvement Activities

Building a fence 108
Carrying & stacking wood 90
Chopping & splitting wood 108
Cleaning rain gutters 90
Digging, spading dirt, composting 90
Gardening: general 72
Gardening: weeding 81
Laying sod / crushed rock 90
Mowing Lawn: push, hand 108 Mowing Lawn: push, power 99
Operate Snow Blower: walking 81
Paint outside of home 90
Planting seedlings, shrubs 81
Plant trees 81
Raking Lawn 77
Roofing 108
Sacking grass or leaves 72
Shoveling Snow: by hand 108
Storm Windows: hanging 90
Sweeping: garage, sidewalks, outside of house 72
Trimming shrubs/trees: manual cutter 81
Trimming: using edger, power cutter, etc. 63
Watering plants, by hand 45
Workshop: general carpentry 54
Yard: applying seed or fertilizer, walking 45
Yard: watering by hand, standing/walking 27
Indoor Home Repair / Improvement Activities
Carpentry: finish or refinish furniture or cabinets 81
Caulking: bathroom, windows 81
Crafts: Standing, light effort 32
Hang sheet rock, paper or plaster walls 54
Lay or remove carpet/tile 81 Paint, paper, remodel: inside 81
Sanding floors with a power sander 81
Wiring and Plumbing 54

Home & Daily Life Activities

Child-care: bathing, feeding, etc. 54
Child games: moderate, hop-scotch, jacks, etc. 72
Cleaning house: general 54
Cleaning: light dusting, straightening up, taking out trash, etc. 45
Cooking / food Preparation 36
Food shopping: with or without cart 41
Heavy cleaning: wash car, windows 54
Ironing 41
Making a bed 36
Moving: household furniture 108
Moving: carrying boxes 101
Moving: unpacking 63
Playing w/kids: moderate effort 72
Playing w/kids: vigorous effort 90
Reading: sitting 18
Standing in line 22
Standing: bathing dog 63
Sleeping 16
Vacuuming 63
Watching TV 18

Office Activities

Driving vehicle to work 36
Sitting: light office work, meeting 27
Standing: filing, light work 41
Riding in a bus or vehicle to work 18
Typing: computer, electric or manual 27
Walking: work break 63