

Calories Burned per 30 Minutes of Activity at Your Weight

Activity Done for 30 Minutes at:	100 lbs	120 lbs	140 lbs	160 lbs	180 lbs	200 lbs	220 lbs	240 lbs	260 lbs	280 lbs
Aerobic Dancing	115	138	161	184	207	230	253	276	299	322
Aerobic Step Training	145	174	203	232	261	290	319	348	377	406
Backpacking (20 lb load)	200	240	280	320	360	400	440	480	520	560
Basketball	130	156	182	208	234	260	286	312	338	364
Bicycling	200	240	280	320	360	400	440	480	520	560
Dancing	100	120	140	160	180	200	220	240	260	280
Gardening	90	108	126	144	162	180	198	216	234	252
Golf, walking without cart	100	120	140	160	180	200	220	240	260	280
Housework	90	108	126	144	162	180	198	216	234	262
Jogging (5 mph)	185	222	259	296	333	370	407	444	481	518
Mowing	135	162	189	216	243	270	297	324	351	378
Skipping Rope	285	342	399	456	513	570	627	684	741	798
Stair Climber Machine	160	192	224	256	288	320	352	384	416	448
Swimming (25 yards per min)	120	144	168	192	216	240	264	288	312	336
Walking (15 minute mile)	100	120	140	160	180	200	220	240	260	280
Weight Training (90 seconds between sets)	125	150	175	200	225	250	275	300	325	350

