

EXERCISE AND CALORIES BURNED

Below is a list of physical activities, and the amount of calories that each activity burns off per hour (for a 150 pound person. A person who weighs more than that will burn off more calories than the below)

ACTIVITY	CALORIES
Sitting	100
Housework	180
Washing and Waxing a Car	150
Walking	210
Climbing Stairs	700
Calisthenics	300
Bowling	400
Running	900
Swimming Laps	450
Shooting Baskets	500
Playing Touch Football	250
Chopping Wood	400
Shoveling Snow	450
Square Dancing	350
Bicycling	210
Mowing the Lawn	250
Raking the Leaves	300
Gardening	220