

Calories Burned in 30 Minutes of Activity

Find the weight listed across the top of the chart that is closest to your current weight. In that column, you will find the number of calories you burn for each 30 minutes that you engage in various physical activities.

Activity	Weight				
	130 lbs.	160 lbs.	190 lbs.	220 lbs.	250+ lbs.
Aerobics / Jazzercise	176	217	258	299	340
Yoga	117	145	172	199	226
Walking (3mph, moderate pace)	103	126	150	174	198
Walking (4mph, vigorous pace)	117	145	172	199	226
Jogging	206	254	301	349	397
Running (5mph, 12 minute miles)	235	290	344	399	453
Running (5mph, 10 minute miles)	295	363	431	499	567
Weight lifting (light or moderate)	88	109	129	150	170
Stair machine	176	217	258	299	340
Rowing machine (moderate speed)	280	345	409	474	539
Bicycling (stationary, moderate exertion)	206	254	301	349	397
Water aerobics	117	145	172	199	226
Swimming laps (freestyle, moderate pace)	235	290	344	399	453
Jump roping	295	363	431	499	567
Dancing (fast)	162	200	237	275	312
Raking leaves	117	145	172	199	226

After you check this list, you may be reconsidering your snack options!



Calories: 95



Calories: 160



Calories: 270