

How Many Calories Does Physical Activity Use?

The number of calories varies depending on many factors including weight, age, and environmental conditions. This chart provides an estimate for the number of calories males and females may burn doing various activities for 10 minutes at a time.

Physical Activity Level	Approximate Calories Burned in 10 minutes	
	Men (175–250 lbs)	Women (140–200 lbs)
Moderate Physical Activity		
Ballroom and line dancing	50–80	40–60
Bicycling on level ground or with a few hills		
General gardening (raking, trimming shrubs)		
Sports where you catch and throw (baseball, softball, volleyball)		
Tennis (doubles)		
Using your manual wheelchair		
Walking briskly		
Water aerobics		
Vigorous Physical Activity		
Aerobic dance or fast dance	120–150	100–120
Biking faster than 10 miles per hour		
Heavy gardening (digging, hoeing)		
Hiking uphill		
Jumping rope		
Martial arts (such as karate)		
Race walking, jogging, running		
Sports with a lot of running (basketball, hockey, soccer, singles tennis)		
Swimming fast or swimming laps		

Source: Adapted from Move Virginia, Calories Burned During Physical Activities.

<http://www.move.va.gov/download/NewHandouts/PhysicalActivity/>

P03_CaloriesBurnedDuringPhysicalActivities.pdf