

Ways to Burn 100 Calories

This a list of activities that burn 100 calories if performed for the amount of time listed. Increase your time, and increase the number of calories burned! Please note these times are **approximate** and also vary depending on your weight and workout intensity. Generally, a heavier person burns more calories. Also, exercising harder and more intensely only increases the calories expended slightly. To burn more calories, it is better to exercise for a longer period of time. *(these numbers are based primarily on a person weighing 150 lbs)*

<u>Activity</u>	<u>Minutes</u>
1. Leisurely Walk	34
2. Fast Walk	18
3. Jogging	14
4. Run	10
5. Walking the Dog	25
6. Bicycling – Leisurely Pace	23
7. Bicycling – Fast, Vigorous Pace	10
8. Climbing Stairs (regular pace)	12
9. Climbing Stairs (running pace)	8
10. Hiking (w/backpack)	15
11. Yoga (power)	22
12. Pilates	15
13. Weight Lifting	15
14. Cardio Dance Class (aerobics)	15
15. Jumping Rope (moderate intensity)	11
16. Swimming (moderate intensity)	15
17. Elliptical Trainer	10
18. Soccer (casual kick-around)	13
19. Basketball (shooting hoops)	20
20. Basketball (game)	13
21. Tennis (singles)	12
22. Tennis (doubles)	18
23. Softball or Baseball (game)	18
24. Golf (carrying clubs)	18
25. Mini golf or driving range	30
26. Volleyball (recreational)	30
27. Playing catch (w/ football or baseball)	35
28. Frisbee	30
29. Bowling	30
30. Kickball	13
31. Ping Pong	22
32. Playing Darts	30
33. Dancing (general)	20
34. Ice Skating	13
35. Playing with your kids (like at a playground)	24

36. Cleaning House (normal)	30
37. Mopping/Scrubbing Floors	25
38. Weeding the garden	20
39. Raking Leaves or Push Mowing	22
40. Painting the House (inside or out)	18
41. Rearranging Furniture	15
42. Handwashing the Car	20
43. Shoveling Snow	15
44. Cooking or Food Prep	45
45. Grocery Shopping	30
46. Home repair (building/hammering)	23
47. Stacking Firewood	18
48. Handwashing Dishes	45
49. Washing Windows	22
50. Coaching Sports (actively)	25