



## Exercise for weight loss: Calories burned in 1 hour

Being active is an important part of any weight-loss or weight-maintenance program. When you're active, your body uses more energy (calories). And when you burn more calories than you consume, you lose weight.

Because 3,500 calories equals about 1 pound (0.45 kilogram) of fat, you need to burn 3,500 calories more than you take in to lose 1 pound. So if you cut 500 calories from your diet each day, you'd lose about 1 pound a week (500 calories x 7 days = 3,500 calories). Exercise along with cutting calories helps boost your weight loss. Exercise is also important for maintaining your weight and not regaining weight.

For most healthy adults, the Department of Health and Human Services recommends:

- At least two hours and 30 minutes a week of moderate aerobic activity (think brisk walking or swimming) or one hour and 15 minutes a week of vigorous aerobic activity (such as running) — preferably spread throughout the week.
- Strength training exercises at least twice a week.

As a general goal, include at least 30 minutes of physical activity in your daily routine. If you want to lose weight, maintain weight loss or meet specific fitness goals, you may need to increase your activity even more.

This chart shows the estimated number of calories burned while doing various exercises for one hour. Specific calorie expenditures vary widely depending on the exercise, intensity level and your individual situation.

Activity (1-hour duration)	Weight of person and calories burned		
	160 pounds (73 kilograms)	200 pounds (91 kilograms)	240 pounds (109 kilograms)
Aerobics, high impact	511	637	763
Aerobics, low impact	365	455	545

Aerobics, water	292	364	436
Backpacking	511	637	763
Basketball game	584	728	872
Bicycling, < 10 mph, leisure	292	364	436
Bowling	219	273	327
Canoeing	256	319	382
Dancing, ballroom	219	273	327
Football, touch, flag, general	584	728	872
Golfing, carrying clubs	329	410	491
Hiking	438	546	654
Ice skating	511	637	763
Jogging, 5 mph	584	728	872
Racquetball, casual, general	511	637	763
Rollerblading	913	1,138	1,363
Rope jumping	730	910	1,090
Rowing, stationary	511	637	763
Running, 8 mph	986	1,229	1,472
Skiing, cross-country	511	637	763
Skiing, downhill	365	455	545
Skiing, water	438	546	654

Softball or baseball	365	455	545
Stair treadmill	657	819	981
Swimming, laps	511	637	763
Tae kwon do	730	910	1,090
Tai chi	292	364	436
Tennis, singles	584	728	872
Volleyball	292	364	436
Walking, 2 mph	183	228	273
Walking, 3.5 mph	277	346	414
Weightlifting, free weight, Nautilus or universal type	219	273	327

Adapted from: Ainsworth BE, et al. Compendium of physical activities: An update of activity codes and MET intensities. *Medicine & Science in Sports & Exercise*. 2000;32(suppl):S498.