

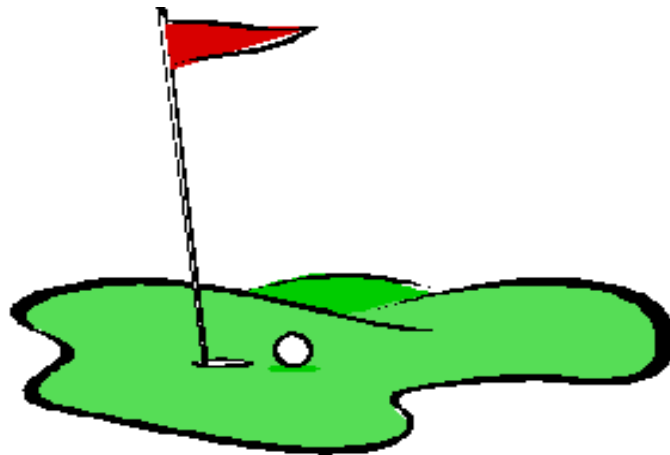
## Calories Per Kilo Per Hour

Activity (1 hour)	Calories per Kilo per Hour
Aerobics, general	6
Aerobics, high impact	7
Aerobics, low impact	5
Archery (non-hunting)	3
Automobile repair	3
Backpacking, general	7
Badminton, competitive	7
Badminton, social, general	5
Basketball, game	8
Basketball, nongame, general	6
Basketball, officiating	7
Basketball, shooting baskets	5
Basketball, wheelchair	6
Bicycling, <10mph, leisure	4
Bicycling, >20mph, racing	16
Bicycling, 10-11.9mph, light effort	6
Bicycling, 12-13.9mph, moderate effort	8
Bicycling, 14-15.9mph, vigorous effort	10
Bicycling, 16-19mph, very fast, racing	12
Bicycling, BMX or mountain	8
Bicycling, stationary, general	5
Bicycling, stationary, light effort	5
Bicycling, stationary, moderate effort	7
Bicycling, stationary, very light effort	3
Bicycling, stationary, very vigorous effort	12
Bicycling, stationary, vigorous effort	10
Billiards	3
Bowling	3

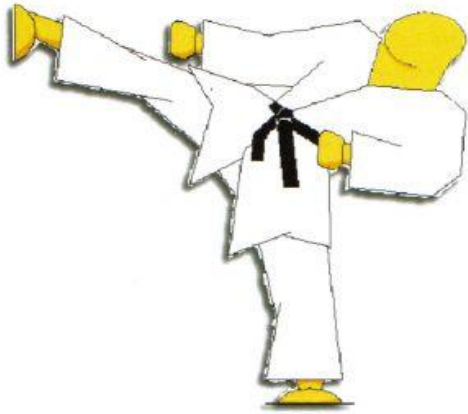
Activity (1 hour)	Calories per Kilo per Hour
Boxing, in ring, general	12
Boxing, punching bag	6
Boxing, sparring	9
Broomball	7
Calisthenics (pushups, sit-ups), vigorous effort	8
Calisthenics, home, light/moderate effort	5
Canoeing, on camping trip	4
Canoeing, rowing, >6 mph, vigorous effort	12
Canoeing, rowing, crewing, competition	12
Canoeing, rowing, light effort	3
Canoeing, rowing, moderate effort	7
Carpentry, general	3
Carrying heavy loads, such as bricks	8
Child care: sitting/kneeling-dressing, feeding	3
Child care: standing-dressing, feeding	3
Circuit training, general	8
Cleaning, heavy, vigorous effort	5



Activity (1 hour)	Calories per Kilo per Hour
Cleaning, house, general	3
Cleaning, light, moderate effort	3
Coaching: football, soccer, basketball, etc.	4
Construction, outside, remodeling	5
Cooking or food preparation	3
Cricket (batting, bowling)	5
Croquet	3
Curling	4
Dancing, aerobic, ballet or modern, twist	6
Dancing, ballroom, fast	5
Dancing, ballroom, slow	3
Dancing, general	5
Darts, wall or lawn	3
Diving, springboard or platform	3
Electrical work, plumbing	3
Farming, baling hay, cleaning barn	8
Farming, milking by hand	3



Activity (1 hour)	Calories per Kilo per Hour
Farming, shoveling grain	5
Fencing	6
Fishing from boat, sitting	3
Fishing from river bank, standing	3
Fishing in stream, in waders	6
Fishing, general	4
Fishing, ice, sitting	2
Football or baseball, playing catch	3
Football, competitive	9
Football, touch, flag, general	8
Frisbee playing, general	3
Frisbee, ultimate	3
Gardening, general	5
Golf, carrying clubs	5
Golf, general	4
Golf, miniature or driving range	3
Golf, pulling clubs	5
Golf, using power cart	3
Gymnastics, general	4
Hacky sack	4
Handball, general	12
Handball, team	8
Health club exercise, general	5
Hiking, cross country	6
Hockey, field	8
Hockey, ice	8
Horse grooming	6
Horse racing, galloping	8
Horseback riding, general	4
Horseback riding, trotting	6



Activity (1 hour)	Calories per Kilo per Hour
Horseback riding, walking	3
Hunting, general	5
Jai alai	12
Jogging, general	7
Judo, karate, kick boxing, tae kwan do	10
Kayaking	5
Kickball	7
Lacrosse	8
Marching band, playing instrument(walking)	4
Marching, rapidly, military	6
Moto-cross	4
Moving furniture, household	6
Moving household items, boxes, upstairs	9
Moving household items, carrying boxes	7
Mowing lawn, general	5
Mowing lawn, riding mower	3
Music playing, cello, flute, horn, woodwind	2

Activity (1 hour)	Calories per Kilo per Hour
Music playing, drums	4
Music playing, guitar, classical, folk(sitting)	2
Music playing, guitar, rock/roll band(standing)	3
Music playing, piano, organ, violin, trumpet	3
Paddleboat	4
Painting, papering, plastering, scraping	5
Polo	8
Pushing or pulling stroller with child	3
Race walking	6
Racquetball, casual, general	7
Racquetball, competitive	10
Raking lawn	4
Rock climbing, ascending rock	11
Rock climbing, rapelling	8
Rope jumping, fast	12
Rope jumping, moderate, general	10
Rope jumping, slow	8
Rowing, stationary, light effort	7
Rowing, stationary, moderate effort	8
Rowing, stationary, very vigorous effort	12
Rowing, stationary, vigorous effort	9
Rugby	10
Running, 10 mph (6 min mile)	16
Running, 10.9 mph (5.5 min mile)	18
Running, 5 mph (12 min mile)	8
Running, 5.2 mph (11.5 min mile)	9
Running, 6 mph (10 min mile)	10
Running, 6.7 mph (9 min mile)	11
Running, 7 mph (8.5 min mile)	11
Running, 7.5mph (8 min mile)	12

Activity (1 hour)	Calories per Kilo per Hour
Running, 8 mph (7.5 min mile)	13
Running, 8.6 mph (7 min mile)	14
Running, 9 mph (6.5 min mile)	15
Running, cross country	9
Running, general	8
Running, in place	8
Running, on a track, team practice	10
Running, stairs, up	15
Running, training, pushing wheelchair	8
Running, wheeling, general	3
Sailing, boat/board, windsurfing, general	3
Sailing, in competition	5
Scrubbing floors, on hands and knees	5
Shoveling snow, by hand	6
Shuffleboard, lawn bowling	3
Sitting-playing with child(ren)-light	3
Skateboarding	5
Skating, ice, 9 mph or less	5
Skating, ice, general	7
Skating, ice, rapidly, > 9 mph	9
Skating, ice, speed, competitive	15
Skating, roller	7
Ski jumping (climb up carrying skis)	7
Ski machine, general	9
Skiing, cross-country, >8.0 mph, racing	14
Skiing, cross-country, moderate effort	8
Skiing, cross-country, slow or light effort	7
Skiing, cross-country, uphill, maximum effort	16
Skiing, cross-country, vigorous effort	9
Skiing, downhill, light effort	5

Activity (1 hour)	Calories per Kilo per Hour
Skiing, downhill, moderate effort	6
Skiing, downhill, vigorous effort, racing	8
Skiing, snow, general	7
Skiing, water	6
Ski-mobiling, water	7
Skin diving, scuba diving, general	7
Sledding, tobogganing, bobsledding, luge	7
Snorkeling	5
Snow shoeing	8
Snowmobiling	3
Soccer, casual, general	7
Soccer, competitive	10
Softball or baseball, fast or slow pitch	5
Softball, officiating	6
Squash	12
Stair-treadmill ergometer, general	6
Standing-packing/unpacking boxes	3
Stretching, hatha yoga	4



Activity (1 hour)	Calories per Kilo per Hour
Surfing, body or board	3
Sweeping garage, sidewalk	4
Swimming laps, freestyle, fast, vigorous effort	10
Swimming laps, freestyle, light/moderate effort	8
Swimming, backstroke, general	8
Swimming, breaststroke, general	10
Swimming, butterfly, general	11
Swimming, leisurely, general	6
Swimming, sidestroke, general	8
Swimming, synchronized	8
Swimming, treading water, fast/vigorous	10
Swimming, treading water, moderate effort	4
Table tennis, ping pong	4
Tai chi	4
Teaching aerobics class	6
Tennis, doubles	6
Tennis, general	7
Tennis, singles	8
Unicycling	5
Volleyball, beach	8
Volleyball, competitive, in gymnasium	4
Volleyball, noncompetitive; 6-9 member team	3
Walk/run-playing with child(ren)-moderate	4
Walk/run-playing with child(ren)-vigorous	5
Walking, 2.0 mph, slow pace	3
Walking, 3.0 mph, mod. pace, walking dog	3
Walking, 3.5 mph, uphill	6
Walking, 4.0 mph, very brisk pace	4
Walking, carrying infant or 15-lb load	3
Walking, grass track	5



Activity (1 hour)	Calories per Kilo per Hour
Walking, upstairs	8
Walking, using crutches	4
Wallyball, general	7
Water aerobics, water calisthenics	4
Water polo	10
Water volleyball	3
Weight lifting or body building, vigorous effort	6
Weight lifting, light or moderate effort	3
Whitewater rafting, kayaking, or canoeing	5