



Lighten Up INDIANA

Hoosiers, step up for a happier, healthier life! Call 317-338-6140 or www.lightenupIndiana.com

CALORIES BURNED AFTER 10 MIN. OF ACTIVITY*

ACTIVITY	BODY WEIGHT				
	150 lbs	175 lbs	200 lbs	225 lbs	250 lbs
Walking					
-2 mph	35	40	46	53	58
-4.5 mph	67	78	87	110	110
-Upstairs	175	201	229	288	228
-Downstairs	67	78	88	111	111
Running/Jogging					
- 5.5 mph	108	127	142	160	178
- 7 mph	141	164	187	208	232
- 12 mph	197	230	258	295	326
Cycling					
- 5.5 mph	50	58	67	75	83
- 13 mph	107	125	142	160	178
Swimming 20 yd/min.					
- backstroke	38	43	52	58	64
- breaststroke	48	55	63	72	80
Sports					
- Basketball	70	82	93	105	117
- Football	83	97	110	123	137
- Golf	40	47	55	62	68
- Tennis	67	80	92	103	115
- Volleyball	52	67	75	85	94
Dancing					
- Moderate	42	49	55	62	69
- Vigorous	57	67	75	86	94
- Square Dancing	68	80	90	103	113
Skiing					
- Cross Country	117	137	158	174	194
- Water	73	92	104	117	130

*Adapted from National Heart, Lung and Blood Institute

