



Calories Burned by 30-minute Activities

Burning calories plays a part in helping you to attain your desirable weight. Burning calories may be easier than you think! For a person who weighs 155 pounds (lbs), walking 30 minutes will burn almost 150 calories.

The following table below lists the calories burned by doing different activities for 30 minutes.

| Activities | 125lb (57kg) person | 155lb (70kg) person | 185lb (84kg) person |
|--|--------------------------------|--------------------------------|--------------------------------|
| Physical Exercises | | | |
| Running: 6 mph (9.6 km/hr) | 300 | 372 | 444 |
| Bicycling, Stationary: moderate | 210 | 260 | 311 |
| Swimming: general (not laps) | 180 | 223 | 266 |
| Dancing: ballroom | 165 | 205 | 244 |
| Walk: 4.5 mph (7.2 km/hr) | 150 | 186 | 222 |
| Walk: 4.0 mph (6.4 km/hr) | 135 | 167 | 200 |
| Walk: 3.5 mph (5.6 km/hr) | 120 | 149 | 178 |
| Tai Chi | 120 | 149 | 178 |
| Home Activities | | | |
| Gardening: general | 135 | 167 | 200 |
| Playing with kids (moderate effort) | 120 | 149 | 178 |
| Pushing shopping cart | 105 | 130 | 155 |
| Child-care (bathing, feeding, etc) | 105 | 130 | 155 |
| Cooking | 75 | 93 | 111 |
| Standing in line | 38 | 47 | 56 |
| Reading: sitting | 34 | 42 | 50 |
| Watching TV | 23 | 28 | 33 |

Reference:

<http://www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm>

