

Calories Burned by Walking Examples

<http://www.nutritiondata.com/calories-burned.html>

Sex	Age	Height (inch)	Weight	Lifestyle	Exercise time	Exercise type	Calories burned	Calories burned/day
Male	45	71	170	Somewhat active	53 minutes	Walking 3.0 mph, level ground	200	2869
Male	45	71	210	Somewhat active	41 minutes	Walking 3.0 mph, level ground	201	3158
Female	45	65	140	Somewhat active	63 minutes	Walking 3.0 mph, level ground	201	2292
Female	45	65	200	Somewhat active	41 minutes	Walking 3.0 mph, level ground	203	2632
Male	60	71	170	Somewhat active	52 minutes	Walking 3.0 mph, level ground	202	2725
Male	60	71	210	Somewhat active	40 minutes	Walking 3.0 mph, level ground	200	3011
Female	60	65	140	Somewhat active	62 minutes	Walking 3.0 mph, level ground	202	2183
Female	60	65	200	Somewhat active	40 minutes	Walking 3.0 mph, level ground	201	2520