



BURNING CALORIES FOR HEALTH AND FITNESS

- A consistent routine of aerobic exercise (e.g. brisk walking, cycling, cross-country skiing) helps prevent chronic diseases.
- Men burn more calories than women because they generally have more lean muscle and less body fat.
- Try to burn a minimum of 300 calories per exercise session.
- Try to burn a minimum of 1,100 calories a week to help reduce the risk of heart disease.
- For optimal fitness and health, try to burn, 2,000-3,500 calories per week.

CALORIE EXPENDITURE CHART

(weight in lbs.) **110 130 150 175 200**

Calories expended per hour

Leisure Activities

Golf (walking)	253	299	345	403	460
Racquetball	451	533	615	717	820
Tennis (singles)	319	377	435	508	580
Table Tennis	292	286	330	385	440
Horseback Riding	308	364	420	490	560
Bowling	180	205	245	285	325

Exercise

Walking (4mph)	300	350	415	480	550
Walking (3mph)	225	260	310	360	410
Jogging (6mph)	535	610	730	850	970
Cycling-outdoor (9mph)	300	345	410	475	545
Cycling-stationary (moderate)	330	380	450	525	600
Cross-country ski machine (med)	330	380	450	525	600
Aerobic dancing	250	290	340	395	450
Stair-stepping machine	595	680	810	945	1080
Weight training	209	247	285	333	380

Domestic Chores

Gardening	352	416	480	560	640
Housecleaning	176	208	240	280	320
Mowing lawn	297	351	405	473	540
Raking	165	195	225	263	300
Snow shoveling	429	507	585	683	780

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...caring from the heart.