



HOW DOES YOUR WORKOUT STACK UP?

See how your favorite aerobic activity affects your health goals, according to your weight.

This chart shows the number of calories burned per hour by a 100-, 150-, and 200-lb. person doing each exercise.

	100-lb. person	150-lb. person	200-lb. person
SWIMMING 25 yds/min	185 cal/hour	275 cal/hour	360 cal/hour
WALKING 3 mph	210 cal/hour	320 cal/hour	415 cal/hour
TENNIS singles	265 cal/hour	400 cal/hour	535 cal/hour
BICYCLING 12 mph	270 cal/hour	410 cal/hour	535 cal/hour
JOGGING 5.5 mph	440 cal/hour	660 cal/hour	960 cal/hour
JUMPING ROPE	500 cal/hour	750 cal/hour	1,000 cal/hour
RUNNING 10 mph	850 cal/hour	1,280 cal/hour	1,665 cal/hour



American Heart Association.

Hard Hats with Heart™