



A to Z of Exercise

We often hear about the importance of doing 30mins of physical activity each day, however we don't always
 To give you some ideas, I have compiled the A to Z of activities - you could work your way through the list.

The following table shows the approximate calories burned per hour.
 The calculations are based on a Female, 30yrs, 165cm tall and 70kg.
 Calories burned will vary depending on gender, age, height and weight.

<u>ACTIVITY</u>	<u>Calories Burned</u>
Aerobics, aqua	248
Aerobics, low impact	217
Aerobics, Vigorous / High impact	496
Aerobics, step aerobics	528
Badminton	279
Ballroom dancing, slow	186
Basketball game, competitive	496
Basketball, non game (shooting hoops)	279
Bowling	186
Boxing, in ring	559
Boxing, punching bag	372
Carrying groceries, upstairs	465
Cricket (batting, bowling)	310
Cycling, <16 kph, leisure bicycling	248
Cycling, 16 - 19 kph light	372
Cycling, 19 - 22.5 kph, moderate	496
Cycling, 22.5 - 25 kph, fast	621
Cycling, 26 – 30 kph, Racing	745
Cycling, mountain bike, bmx	528
Dancing / general aerobic	403
Diving, springboard or platform	186
Elliptical Trainer	434
Fishing / general	186
Football, competitive	559
Frisbee playing, general	186
Gardening, general	248
Golf, general	279
Gymnastics	248
Hockey, field hockey	496
Horseback riding	248
Housework, general/dusting	186
Ice skating, average speed	434

Ironing	143
Judo, karate, jujitsu, martial arts	621
Kayaking	310
Lawn Bowls	186
Motocross	248
Mowing lawn	341
Netball	496
Orienteering	559
Painting / plastering / papering	186
Pilates	217
Raking lawn	267
Rock climbing, mountain climbing	496
Roller blading, in-line skating	776
Rowing Machine / general	434
Running, 8 kph (7min:30 sec /km)	496
Running, 10 kph (6 min /km)	620
Running, 12 kph (5min / km)	776
Running, 14 kph (4:17 min / km)	869
Sailing / general	186
Skiing, water skiing	434
Skipping Rope	621
Soccer, playing/ casual	434
Softball or baseball	310
Squash	745
Stair machine	559
Surfing, body surfing or board surfing	186
Swimming laps, freestyle (moderate)	434
Table tennis, ping pong	248
Tennis playing / general	434
Trampoline	217
Unicycling	350
Vacuuming	217
Volleyball, beach	496
Walking 4 kph	186
Walking 5 kph, moderate	210
Walking 6 kph, very brisk	276
Water aerobics	248
Weight lifting, body building, vigorous	372
Weight lifting, light workout	186
Wrestling	372
X-Country Running	559
X – Trainer (Elliptical)	434
Yoga	155
ZUMBA	403

For more information or to find specific calories burned per activity for you, please visit www.mydr.com.au click on health tools tab and scroll down to Calculators > Calories burned calculator.