

Average Calories Burned Per Hour of Activity (based on 154lb person)

Moderate Activity	Calories Burned
Hiking	370
Yard Work	330
Dancing	330
Golf	330
Bicycling (<10mph)	290
Walking Slowly	280
Gentle weight lifting	220
Stretching	180

Intense Activity

Running	590
Bicycling (>10mph)	590
Swimming laps	510
Aerobics	480
Heavy yard work	440
Heavy weight lifting	440
Basketball	440

Source: Adapted from the 2005 Dietary Guidelines Advisory Committee

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