

Activity vs. Calories Burned (vigorous)

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| Vigorous physical activity: Running/jogging (5 mph) | Approximate calories burned by a 154-pound man in 30 minutes: 295 |
| Vigorous physical activity: Bicycling (more than 10 mph) | Approximate calories burned by a 154-pound man in 30 minutes: 295 |
| Vigorous physical activity: Swimming (slow freestyle laps) | Approximate calories burned by a 154-pound man in 30 minutes: 255 |
| Vigorous physical activity: Aerobics | Approximate calories burned by a 154-pound man in 30 minutes: 240 |

Activity vs. Calories Burned (vigorous)

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| Vigorous physical activity: Walking (4.5 mph) | Approximate calories burned by a 154-pound man in 30 minutes: 230 |
| Vigorous physical activity: Heavy yard work (chopping wood) | Approximate calories burned by a 154-pound man in 30 minutes: 220 |
| Vigorous physical activity: Weight lifting (vigorous effort) | Approximate calories burned by a 154-pound man in 30 minutes: 220 |
| Vigorous physical activity: Basketball (vigorous) | Approximate calories burned by a 154-pound man in 30 minutes: 220 |

Adapted from: U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC.

<http://www.choosemyplate.gov/physical-activity/calories-burn.html>