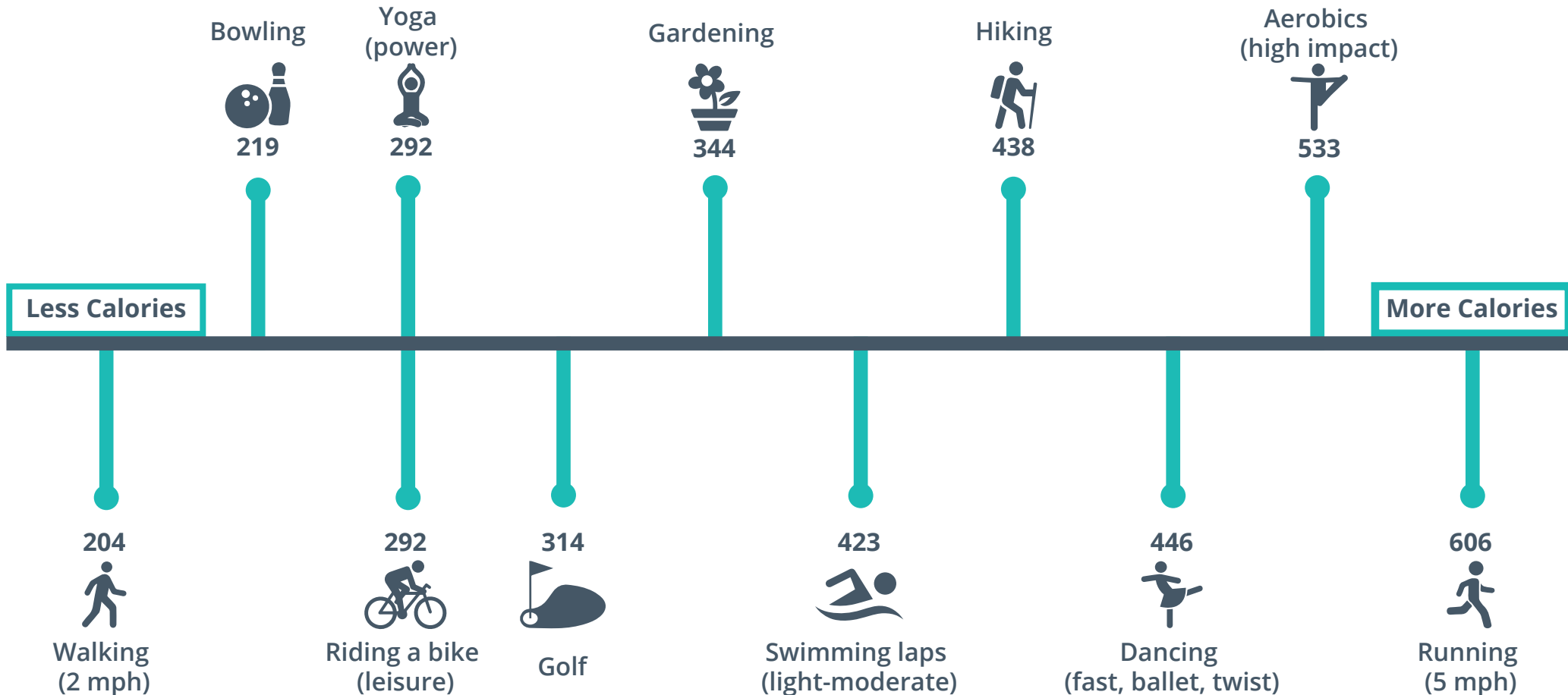


Feel the Burn

Activities and Calories Burned

Ever wonder how many calories you burn when you dance? What about walking? Below is a graph of some activities/exercises and the number of calories burned for each type.



These are the approximate calories burned for a person weighing 160 pounds and based on 1 hour of each activity.

Moderate Versus Vigorous Intensity Exercise

An average 40 minutes of moderate-to-vigorous intensity aerobic activity 3 or 4 times per week is recommended.

Moderate intensity aerobic exercise is where you work hard enough to raise your heart rate and break into a sweat. At this level, you are able to talk but unable to sing the words to a song.

Moderate Intensity
Walking briskly (a 15-minute mile)
Water aerobics
Bicycling at a casual pace
Actively playing with children
Ballroom dancing
Light yard work (raking/bagging leaves or using a lawn mower)

Vigorous intensity aerobic exercise is where you are breathing hard and fast and your heart rate has increased significantly. At this level, you won't be able to say more than a few words without pausing for a breath.

Vigorous Intensity
Race walking, jogging, or running
Swimming laps
Bicycling 10 miles per hour or faster
Jumping rope
Aerobic dancing
Heavy gardening (continuous digging or hoeing)