

List of Exercise (aka Physical Activities)

You may be surprised to find that exercise does not equate to pain or the requirement to join a gym. Exercise is merely physical activity. So find something you love... Find something you are going to do anyway (like your job, housework or playing with your kids)... And do it. Do something every day—that's it! Easy! Exercise (aka physical activity) can and should be fun and easy. Don't make exercise difficult on yourself—exalt in the ease of being healthy! This document indicates how many calories are burned for doing an activity for an hour based on weight, but there is no reason to concern yourself with these numbers, unless this is important to your own goals for the program. Generally, the goal of this program is for you to engage in some form of physical activity every day. **The items highlighted** are easy day-to-day activities that you might not have considered as physical activity before. Aim for at least 20 minutes of physical activity/day, but even if all you do is take 1 flight of stairs during the day or vacuum 10 minutes—it counts! Exalt! Wanna be hard-core, burn and feel the pain? If that's your goal—you might want to sign-up for something like Fitocracy: <https://www.fitocracy.com/>. It's free to join and provides a social network, competition, fitness goals, physical activity monitoring and a place to share and get advice.

Activity (1 hour)	130 lb	155 lb	180 lb	205 lb	Activity (1 hour)	130 xxxlb	155 lb	180 lb	205 lb
Cycling, mountain bike, bmx	502	598	695	791	Ballroom dancing, slow	177	211	245	279
Cycling, <10 mph, leisure bicycling	236	281	327	372	Ballroom dancing, fast	325	387	449	512
Cycling, >20 mph, racing	944	1126	1308	1489	Running, 5 mph (12 min mile)	472	563	654	745
Cycling, 10-11.9 mph, light	354	422	490	558	Running 5.2 mph:11.5 min/mile	531	633	735	838
Cycling, 12-13.9 mph, moderate	472	563	654	745	Running, 6 mph (10 min mile)	590	704	817	931
Cycling, 14-15.9 mph, vigorous	590	704	817	931	Running, 6.7 mph (9 min mile)	649	774	899	1024
Cycling, 16-19 mph, very fast, racing	708	844	981	1117	Running, 7 mph (8.5 min mile)	679	809	940	1070
Unicycling	295	352	409	465	Running, 7.5mph (8 min mile)	738	880	1022	1163
Stationary cycling, very light	177	211	245	279	Running, 8 mph (7.5 min mile)	797	950	1103	1256
Stationary cycling, light	325	387	449	512	Running, 8.6 mph (7 min mile)	826	985	1144	1303
Stationary cycling, moderate	413	493	572	651	Running, 9 mph (6.5 min mile)	885	1056	1226	1396
Stationary cycling, vigorous	620	739	858	977	Running, 10 mph (6 min mile)	944	1126	1308	1489
Stationary cycling, very vigorous	738	880	1022	1163	Running 10.9 mph:5.5 min/mile	1062	1267	1471	1675
Calisthenics, vigorous, pushups, situps...	472	563	654	745	Running, cross country	531	633	735	838
Calisthenics, light	207	246	286	326	Running, general	472	563	654	745
Circuit training, minimal rest	472	563	654	745	Running, track, team practice	590	704	817	931
Weight lifting, body building, vigorous	354	422	490	558	Running, stairs, up	885	1056	1226	1396
Weight lifting, light workout	177	211	245	279	Track and field (shot, discus)	236	281	327	372
Health club exercise	325	387	449	512	Track and field (high jump, pole vault)	354	422	490	558
Stair machine	531	633	735	838	Track and field (hurdles)	590	704	817	931
Rowing machine, light	207	246	286	326	Archery	207	246	286	326
Rowing machine, moderate	413	493	572	651	Badminton	266	317	368	419
Rowing machine, vigorous	502	598	695	791	Basketball game, competitive	472	563	654	745
Rowing machine, very vigorous	708	844	981	1117	Playing basketball, non game	354	422	490	558
Ski machine	413	493	572	651	Basketball, officiating	413	493	572	651
Aerobics, low impact	295	352	409	465	Basketball, shooting baskets	266	317	368	419
Aerobics, high impact	413	493	572	651	Basketball, wheelchair	384	457	531	605
Aerobics, step aerobics	502	598	695	791	Running, training, pushing wheelchair	472	563	654	745
Jazzercise	354	422	490	558	Billiards	148	176	204	233
Stretching, hatha yoga	236	281	327	372	Bowling	177	211	245	279
Mild stretching	148	176	204	233	Boxing, in ring	708	844	981	1117
Instructing aerobic class	354	422	490	558	Boxing, punching bag	354	422	490	558
Water aerobics	236	281	327	372	Boxing, sparring	531	633	735	838
Ballet, twist, jazz, tap	266	317	368	419	Coaching: football, basketball, soccer...	236	281	327	372

Activity (1 hour)	130 lb	155 lb	180 lb	205 lb	Activity (1 hour)	130 lb	155 lb	180 lb	205 lb
Cricket (batting, bowling)	295	352	409	465	Rugby	590	704	817	931
Croquet	148	176	204	233	Shuffleboard, lawn bowling	177	211	245	279
Curling	236	281	327	372	Skateboarding	295	352	409	465
Darts (wall or lawn)	148	176	204	233	Roller skating	413	493	572	651
Fencing	354	422	490	558	Roller blading, in-line skating	708	844	981	1117
Football, competitive	531	633	735	838	Sky diving	177	211	245	279
Football, touch, flag, general	472	563	654	745	Soccer, competitive	590	704	817	931
Football or baseball, playing catch	148	176	204	233	Playing soccer	413	493	572	651
Frisbee playing, general	177	211	245	279	Softball or baseball	295	352	409	465
Frisbee, ultimate frisbee	472	563	654	745	Softball, officiating	236	281	327	372
Golf, general	266	317	368	419	Softball, pitching	354	422	490	558
Golf, walking and carrying clubs	266	317	368	419	Squash	708	844	981	1117
Golf, driving range	177	211	245	279	Table tennis, ping pong	236	281	327	372
Golf, miniature golf	177	211	245	279	Tai chi	236	281	327	372
Golf, walking and pulling clubs	254	303	351	400	Playing tennis	413	493	572	651
Golf, using power cart	207	246	286	326	Tennis, doubles	354	422	490	558
Gymnastics	236	281	327	372	Tennis, singles	472	563	654	745
Hacky sack	236	281	327	372	Trampoline	207	246	286	326
Handball	708	844	981	1117	Volleyball, competitive	472	563	654	745
Handball, team	472	563	654	745	Playing volleyball	177	211	245	279
Hockey, field hockey	472	563	654	745	Volleyball, beach	472	563	654	745
Hockey, ice hockey	472	563	654	745	Wrestling	354	422	490	558
Riding a horse, general	236	281	327	372	Wallyball	413	493	572	651
Horseback riding, saddling	207	246	286	326	Backpacking, Hiking with pack	413	493	572	651
Horseback riding, grooming	207	246	286	326	Carrying infant, level ground	207	246	286	326
Horseback riding, trotting	384	457	531	605	Carrying infant, upstairs	295	352	409	465
Horseback riding, walking	148	176	204	233	Carrying 16 to 24 lbs, upstairs	354	422	490	558
Horse racing, galloping	472	563	654	745	Carrying 25 to 49 lbs, upstairs	472	563	654	745
Horse grooming, moderate	354	422	490	558	Standing, playing with children, light	165	197	229	261
Horseshoe pitching	177	211	245	279	Walk/run, playing with children, moderate	236	281	327	372
Jai alai	708	844	981	1117	Walk/run, playing with children, vigorous	295	352	409	465
Martial arts, judo, karate, jujitsu	590	704	817	931	Loading, unloading car	177	211	245	279
Martial arts, kick boxing	590	704	817	931	Climbing hills, carrying up to 9#	413	493	572	651
Martial arts, tae kwan do	590	704	817	931	Climbing hills, carrying 10-20#	443	528	613	698
Krav maga training	590	704	817	931	Climbing hills, carrying 21-42#	472	563	654	745
Juggling	236	281	327	372	Climbing hills, carrying > 42#	531	633	735	838
Kickball	413	493	572	651	Walking downstairs	177	211	245	279
Lacrosse	472	563	654	745	Hiking, cross country	354	422	490	558
Orienteering	531	633	735	838	Bird watching	148	176	204	233
Playing paddleball	354	422	490	558	Marching, rapidly, military	384	457	531	605
Paddleball, competitive	590	704	817	931	Children's games, hopscotch, dodgeball	295	352	409	465
Polo	472	563	654	745	Pushing stroller or walking with children	148	176	204	233
Racquetball, competitive	590	704	817	931	Pushing a wheelchair	236	281	327	372
Playing racquetball	413	493	572	651	Race walking	384	457	531	605
Rock climbing, ascending rock	649	774	899	1024	Rock or mountain climbing	472	563	654	745
Rock climbing, rappelling	472	563	654	745	Walking using crutches	295	352	409	465
Jumping rope, fast	708	844	981	1117					
Jumping rope, moderate	590	704	817	931					
Jumping rope, slow	472	563	654	745					

Activity (1 hour)	130 lb	155 lb	180 lb	205 lb	Activity (1 hour)	130 lb	155 lb	180 lb	205 lb
Walking the dog	177	211	245	279	Ice skating, < 9 mph	325	387	449	512
Walking, <2.0 mph, very slow	118	141	163	186	Ice skating, average speed	413	493	572	651
Walking 2.0 mph, slow	148	176	204	233	Ice skating, rapidly	531	633	735	838
Walking 2.5 mph	177	211	245	279	Speed skating, ice, competitive	885	1056	1226	1396
Walking 3.0 mph, moderate	195	232	270	307	Cross country snow skiing, slow	413	493	572	651
Walking 3.5 mph, brisk pace	224	267	311	354	Cross country skiing, moderate	472	563	654	745
Walking 3.5 mph, uphill	354	422	490	558	Cross country skiing, vigorous	531	633	735	838
Walking 4.0 mph, very brisk	295	352	409	465	Cross country skiing, racing	826	985	1144	1303
Walking 4.5 mph	372	443	515	586	Cross country skiing, uphill	974	1161	1348	1536
Walking 5.0 mph	472	563	654	745	Snow skiing, downhill skiing, light	295	352	409	465
Boating, power, speed boat	148	176	204	233	Downhill snow skiing, moderate	354	422	490	558
Canoeing, camping trip	236	281	327	372	Downhill snow skiing, racing	472	563	654	745
Canoeing, rowing, light	177	211	245	279	Sledding, tobogganing, luge	413	493	572	651
Canoeing, rowing, moderate	413	493	572	651	Snow shoeing	472	563	654	745
Canoeing, rowing, vigorous	708	844	981	1117	Snowmobiling	207	246	286	326
Crew, sculling, rowing, competition	708	844	981	1117	General housework	207	246	286	326
Kayaking	295	352	409	465	Cleaning gutters	295	352	409	465
Paddle boat	236	281	327	372	Painting	266	317	368	419
Windsurfing, sailing	177	211	245	279	Sit, playing with animals	148	176	204	233
Sailing, competition	295	352	409	465	Walk / run, playing with animals	236	281	327	372
Sailing, yachting, ocean sailing	177	211	245	279	Bathing dog	207	246	286	326
Skiing, water skiing	354	422	490	558	Mowing lawn, walk, power mower	325	387	449	512
Ski mobiling	413	493	572	651	Mowing lawn, riding mower	148	176	204	233
Skin diving, fast	944	1126	1308	1489	Walking, snow blower	207	246	286	326
Skin diving, moderate	738	880	1022	1163	Riding, snow blower	177	211	245	279
Skin diving, scuba diving	413	493	572	651	Shoveling snow by hand	354	422	490	558
Snorkeling	295	352	409	465	Raking lawn	254	303	351	400
Surfing, body or board	177	211	245	279	Gardening, general	236	281	327	372
Whitewater rafting, kayaking, canoeing	295	352	409	465	Bagging grass, leaves	236	281	327	372
Swimming laps, freestyle, fast	590	704	817	931	Watering lawn or garden	89	106	123	140
Swimming laps, freestyle, slow	413	493	572	651	Weeding, cultivating garden	266	317	368	419
Swimming backstroke	413	493	572	651	Carpentry, general	207	246	286	326
Swimming breaststroke	590	704	817	931	Carrying heavy loads	472	563	654	745
Swimming butterfly	649	774	899	1024	Carrying moderate loads upstairs	472	563	654	745
Swimming leisurely, not laps	354	422	490	558	General cleaning	207	246	286	326
Swimming sidestroke	472	563	654	745	Cleaning, dusting	148	176	204	233
Swimming synchronized	472	563	654	745	Taking out trash	177	211	245	279
Swimming, treading water, fast, vigorous	590	704	817	931	Walking, pushing a wheelchair	236	281	327	372
Swimming, treading water, moderate	236	281	327	372	Teach physical education, exercise class	236	281	327	372
Water aerobics or calisthenics	236	281	327	372	Teach exercise classes (& participate)	384	457	531	605
Water polo	590	704	817	931					
Water volleyball	177	211	245	279					
Water jogging	472	563	654	745					
Diving, springboard or platform	177	211	245	279					

Adapted from: Ainsworth BE, et al. 2011 compendium of physical activities: A second update of codes and MET values. *Medicine & Science in Sports & Exercise*. 2011;43:1575.