

**Dr. Dave, ND**  
**The Wellness Coach**  
**Calories Burned for 20 Minutes of Exercise**

<i>Exercise</i>	<i>Calories Burned</i>	<i>Exercise</i>	<i>Calories Burned</i>
Aerobics: low impact	194	Aerobics: high impact	246
Aerobics, Step: low impact	246	Aerobics, Step: high impact	352
Aerobics: water	141	Bicycling, Stationary: moderate	246
Bicycling, Stationary: vigorous	370	Circuit Training: general	282
Rowing, Stationary: moderate	246	Rowing, Stationary: vigorous	299
Ski Machine: general	334	Stair Step Machine: general	211
Weight Lifting: general	106	Weight Lifting: vigorous	211
Basketball: playing a game	282	Basketball: wheelchair	229
Bicycling: BMX or mountain	299	Bicycling: 12-13.9 mph	282
Bicycling: 14-15.9 mph	352	Boxing: sparring	317
Football: competitive	317	Football: touch, flag, general	282
Frisbee	106	Golf: carrying clubs	194
Golf: using cart	123	Gymnastics: general	141
Handball: general	422	Hiking: cross-country	211
Horseback Riding: general	141	Ice Skating: general	246
Martial Arts: general	352	Racquetball: competitive	352
Racquetball: casual, general	246	Rock Climbing: ascending	387
Rock Climbing: rapelling	282	Rollerblade (inline) Skating	246
Rope Jumping	352	Running: 5 mph (12 min/mile)	282
Running: 5.2 mph (11.5 min/mile)	317	Running: 6 mph (10 min/mile)	352
Running: 6.7 mph (9 min/mile)	387	Running: 7.5 mph (8 min/mile)	440
Running: 8.6 mph (7 min/mile)	510	Running: 10 mph (6 min/mile)	581
Running: pushing wheelchair, marathon wheeling	282	Running: cross-country	317
Skiing: cross-country	282	Skiing: downhill	211
Snow Shoeing	282	Softball: general play	176
Swimming: general	211	Tennis: general	246
Volleyball: non-competitive, general play	106	Volleyball: competitive, gymnasium play	141
Volleyball: beach	282	Walk: 3.5 mph (17 min/mile)	141
Walk: 4 mph (15 min/mile)	158	Walk: 4.5 mph (13 min/mile)	176
Walk/Jog: jog <10 min.	211	Water Skiing	211
Water Polo	246	Whitewater: rafting, kayaking	246