



Calories for 15 Minutes of Exercise



Weight: 60 Lbs.

Exercise	Calories Burned
Arts and Crafts	7
High Impact Aerobics	56
Low Impact Aerobics	28
Archery	28
Badminton	24
Baseball	28
Basketball (Leisure)	34
Biking (BMX or Mountain)	56
Biking (Leisure)	48
Biking (Stationary)	56
Bowling	14
Brushing Teeth/Hair	7
Car Washing	24
Cooking	10
Crunches (Sit Ups)	17
Dancing	28
Dance Dance Revolution	56
Dishes	9
Dog Walking	14
Eating	3
Fishing	14
Frisbee	14
Gardening	28
Getting Dressed	7
Golf (Cart and Walking)	24
Gymnastics	28
Hiking	34
Hula Hoop	28
Horse Back Riding	21
Jogging and Walking	34
Jump Roping	68
Kickball	28
Making the Bed	7

Exercise	Calories Burned
Mopping	17
Ping pong	28
Playing Board Games	3
Putting Groceries Away	10
Putting Clothes Away	9
Raking Leaves	56
Reading	0
Rock Climbing	48
Roller Skating	41
Setting the Table	10
Skateboarding	28
Snow Skiing (Down Hill)	28
Snow Skiing (Cross Country)	48
Snow Shoveling	34
Soccer	41
Sitting and Reading	2
Sleeping	-2
Standing Quietly	3
Strength Training	14
Stretching	28
Sweeping	16
Swimming	41
Talking (Standing)	6
Talking (Sitting)	3
Trampoline	17
Vacuuming	17
Walking	17
Washing Face and Hands	7
Water Skiing	28
Watching T.V.	0
Weight Lifting	28
Wii Sports	28
Wii fit	28

