



Calories for 15 Minutes of Exercise

Weight: 90 Lbs.



Exercise	Calories Burned
Arts and Crafts	10
High Impact Aerobics	84
Low Impact Aerobics	42
Archery	42
Badminton	36
Baseball	41
Basketball (Leisure)	51
Biking (BMX or Mountain)	77
Biking (Leisure)	72
Biking (Stationary)	62
Bowling	21
Brushing Teeth/Hair	10
Car Washing	36
Cooking	10
Crunches (Sit Ups)	26
Dancing	36
Dance Dance Revolution	84
Dishes	13
Dog Walking	21
Eating	5
Fishing	26
Frisbee	21
Gardening	31
Getting Dressed	10
Golf (Cart and Walking)	36
Gymnastics	42
Hiking	51
Hula Hoop	36
Horse Back Riding	31
Jogging and Walking	51
Jump Roping	92
Kickball	42
Making the Bed	10

Exercise	Calories Burned
Mopping	26
Ping pong	31
Playing Board Games	5
Putting Groceries Away	15
Putting Clothes Away	13
Raking Leaves	31
Reading	0
Rock Climbing	72
Roller Skating	62
Setting the Table	15
Skateboarding	41
Snow Skiing (Down Hill)	51
Snow Skiing (Cross Country)	159
Snow Shoveling	51
Soccer	62
Sitting and Reading	0
Sleeping	-1
Standing Quietly	8
Strength Training	21
Stretching	15
Sweeping	31
Swimming	51
Talking (Standing)	8
Talking (Sitting)	5
Trampoline	26
Vacuuuming	26
Walking	24
Washing Face and Hands	10
Water Skiing	51
Watching T.V.	0
Weight Lifting	42
Wii Sports	42
Wii fit	42

