

## Energy (kilojoules) burned during 30 minutes of exercise

Weight →	30 kg	38 kg	45 kg	52 kg	60 kg	68 kg	75 kg	82 kg
Activity ↓								
Aerobics hard	580	750	880	1010	1160	1320	1450	1580
Shoot Baskets	370	480	565	650	745	850	930	1020
Bike ride hard	830	1070	1255	1440	1665	1880	2070	2260
Dancing vigorous	400	510	600	695	795	905	995	1080
Football Game	660	850	1000	1155	1325	1505	1655	1805
Hockey Game	660	850	1000	1155	1325	1505	1655	1805
House cleaning	245	320	375	430	500	565	620	680
Playground games	330	425	500	575	660	750	830	905
Running Distance	830	1065	1255	1440	1655	1880	2070	2260
Shopping food	195	245	290	330	380	430	475	520
Skate boarding	415	535	630	725	830	940	1035	1130
Swim training	830	1065	1255	1440	1655	1880	2070	2260
Ski race downhill	660	850	1000	1155	1325	1505	1655	1805
Sleeping	75	96	115	130	150	170	190	205
Sweeping	330	425	500	575	660	750	830	905
Tennis Singles	660	850	1000	1155	1325	1505	1655	1805
Typing	125	160	190	220	250	285	310	340
Watch TV or reading	85	110	125	145	170	190	210	225
Walking relaxed	270	350	415	480	550	620	680	745
Weeding garden	370	480	565	650	745	850	930	1015
Vacuum home	290	370	440	505	580	660	725	790