

Small Steps to Health and Wealth™ Colorado



100 Ways to Burn 100 Calories* Handout

With the Kids	
Activity	Minutes Needed to Burn 100 Calories*
Flying a Kite	30
Playing Catch	30
Exploring the Zoo	30
Tossing a Frisbee	25
Dancing: Slow	25
Walking to a Friend's House (3 mph)	25
Paddleboat	25
Playing Tag (With Your Kids)	22
Coaching Sports	20
Roller Skating	20
Kicking a Soccer Ball	20
Washing the Family Car	20
Running Through the Sprinkler	20
Shooting Hoops	20
Walk Family Dog (3.5 mph)	20
Pushing a Stroller (3.5 mph)	20
Hop-Scotch	17
Skateboarding	17
Ice Skating	15
Dancing: Fast	14
Family Bike Ride	13
Rollerblading	13
Backpacking	13
Jumping Rope	8

In and Around the House	
Activity	Minutes Needed to Burn 100 Calories*
Washing Dishes	28
Washing Windows	20
Gardening	20
Lay or Remove Carpet/Tile	20
Mowing Lawn (Push/Power)	20
Raking Lawn	20
Refinishing Furniture	20
Operating Snow Blower	20
Light House Cleaning	18
Paint House: Outside	17
Weeding	17
Chopping and Splitting Wood	14
Mowing Lawn (Push/Hand)	14
Shoveling Snow by Hand	14
Moving Household Furniture	14
Heavy House Cleaning	14

*Based on a 150-pound person

Individual Activities	
Activity	Minutes Needed to Burn 100 Calories*
Stretching	25
Weight Lifting	25
Bowling	25
Golfing: With Cart	25
Water Aerobics	20
Badminton	20
Tai Chi	20
Calisthenics	20
Walking: 3.5 mph	20
Walking: 4.0 mph	19
Walking: 4.5 mph	17
Golfing: Walking	14
Hiking	14
Wrestling	14
Swimming	14
Boxing	14
Aerobics: Low Impact	14
Stair Step Machine	14
Tennis: Singles	13
Aerobics: High Impact	13
Step Aerobics: Low Impact	13
Bicycling: Moderate	13
Rowing: Moderate	13
Running: 5 mph	10
Bicycling: 12-14 mph	10
Swimming: Backstroke	10
Circuit Training	10
Elliptical Trainer	9
Ski Machine	9
Running: 6 mph	8
Swimming: Butterfly	8

*Based on a 150-pound person

Bicycling: 14-16 mph	8
Step Aerobics: High Impact	8
Handball	7
Bicycling: 16-19 mph	7
Running: 7 mph	6
Bicycling: >20 mph	5

Team Sports	
Activity	Minutes Needed to Burn 100 Calories*
Volleyball	25
Tennis - Doubles	20
Softball	17
Baseball	17
Soccer	11
Beach Volleyball	10
Basketball	10
Flag Football	10
Hockey: Field or Ice	10
Football	9
La Crosse	9
Water Polo	8

Looking for More Adventure?	
Activity	Minutes Needed to Burn 100 Calories*
Horseback Riding	20
Hatha Yoga	20
Kayaking	17
Whitewater Rafting	17
Water Skiing	14
Fencing	14
Snow Shoeing	10
Snow Boarding	10
Judo	8
Karate	8
Rock Climbing: Ascending	8