

HEALTHFUL TIPS

Get Moving & Burn Calories

One of the great benefits of weight loss surgery is the ability to get off the sidelines and back into the game of life. Here's a chart that shows how many calories you will burn at your current weight doing summer activities. Get out there, have some fun and burn some calories!

Calories burned per 30 minutes	130 lbs	155 lbs	180 lbs	205 lbs	240 lbs	265 lbs
Aerobics, general	192	229	266	303	340	352
Archery	104	123	143	163	183	203
Backpacking, Hiking with pack	207	247	286	326	365	405
Badminton	133	159	184	210	235	261
Bagging grass, leaves	118	141	164	186	209	231
Ballroom dancing, fast	163	194	225	256	288	319
Basketball, playing, non game	177	211	245	279	313	342
Bowling	89	106	123	140	157	169
Canoeing, rowing, light	89	106	123	140	157	169
Children's games, hopscotch...	148	176	205	233	261	289
Circuit training, minimal rest	236	282	327	373	418	464
Croquet	74	88	102	117	131	160
Cycling, 10-11.9mph, light	177	211	245	279	313	342
Cycling, 12-13.9mph, moderate	236	282	327	373	418	464
Cycling, mountain bike, bmx	251	299	348	396	444	492
Fishing, general	89	106	123	140	157	169
Football or baseball, playing catch	74	88	102	117	131	160
Frisbee playing, general	89	106	123	140	157	169
Gardening, general	118	141	164	186	209	231
General cleaning	104	123	143	163	183	203
Golf, walking and carrying clubs	133	159	184	210	235	261
Hiking, cross country	177	211	245	279	313	342
Horseback riding, walking	74	88	102	117	131	160
Kayaking	148	176	205	233	261	289
Kick boxing	295	352	409	466	523	580
Kickball	207	247	286	326	365	405
Mowing lawn, riding mower	74	88	102	117	131	160
Mowing lawn, walk, power mower	163	194	225	256	288	319
Paddle boat	118	141	164	186	209	231
Raking lawn	127	152	176	200	225	249

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Calories Burned per 30 minutes	130 lbs	155 lbs	180 lbs	205 lbs	240 lbs	265 lbs
Roller Blading, In-line Skating	354	422	491	559	627	700
Running, 5mph (12 minute mile)	236	282	327	373	418	464
Snorkeling	148	176	205	233	261	289
Softball or baseball	148	176	205	233	261	289
Stair machine	266	317	368	419	471	522
Stationary cycling, moderate	207	247	286	326	365	405
Stretching, hatha yoga	118	141	164	186	209	231
Swimming leisurely, not laps	177	211	245	279	313	342
Table tennis, ping pong	118	141	164	186	209	231
Tae kwan do, martial arts	295	352	409	466	523	580
Tennis playing	207	247	286	326	365	405
Trampoline	104	123	143	163	183	203
Volleyball, beach	236	282	327	373	418	464
Walking 3.0 mph, moderate	98	116	135	154	172	191
Water aerobics	118	141	164	186	209	231
Weeding, cultivating garden	133	159	184	210	235	261
Weight lifting, light workout	89	106	123	140	157	169

