



Energy Out Physical Activities

Instructions: Review the physical activities below and the amount of calories that are burned in completing an hour of each activity for a 150-pound person. You will use this information to complete your *Energy Balance* worksheet.

Physical Activity	Calories/Hour
Basketball (game)	544
Basketball (general)	408
Bowling	204
Football (competitive)	612
Football or Baseball (playing catch)	170
Golf	306
Miniature Golf/Driving Range	204
Gymnastics	272
Hockey (Field)	544
Hockey (Ice)	544
Kickball	476
Lacrosse	544
Frisbee	204
Horseback Riding	272
Rock Climbing	748
Children's games (4-square, Dodgeball, Hopscotch, T-Ball)	340
Hacky Sack	272
Rollerblading	816
Skateboarding	340
Soccer (competitive)	680
Soccer (casual, general)	476
Softball or Baseball	340
Bicycling (general)	544
Fishing (general)	204
Swimming	476
Skiing	476
Ice Skating	476

