



Calories Burned During Common Activities

Your health is important.

Because the Youens and Duchicela Clinic believes this, the following is brought to you in an effort to provide wellness information that you can use to help manage and maintain your health.

This week, the focus is on calories.

Calories are units of measurement for energy that are obtained from food and drink. Calories by themselves are not “good” or “bad;” they are simply necessary to support one’s daily activities.

Consistently consuming too few calories can stall a person’s metabolism, making him or her sluggish and weak. Consistently consuming too many calories can lead to a person becoming overweight. Most individuals need around 2,000 calories to sustain healthy daily activity.

Certainly, if an individual is concerned about consuming too many calories, exercise is a solid way to help burn them. But for exercise to be effective long-term, it must be done regularly and in a way which is appropriate for one’s body type. A doctor can help a person determine the exercise routine that might be best for him or her.

In regard to exercise, the number of calories burned per activity will vary depending on a person’s weight and the intensity of the activity. However, for an individual who weighs 185 pounds and engages in the activity for one-half hour, the following calories will likely be burned, according to a study by the Harvard Medical School:

- **BOWLING = 133 calories**
- **DANCING = 244 calories**
- **SWIMMING = 266 calories**



- BICYCLING = 311 calories
- TENNIS = 311 calories
- RUNNING (at a rate of 5 mph) = 355 calories
- WALKING (at a rate of 2 mph) = 228 calories

Additionally, calories can be burned for everyday activities. Consider these one-half hour calorie burners, also for a 185-pound individual:

- COOKING = 111 calories
- AUTO REPAIR = 133 calories
- CHILD CARE (bathing, feeding, etc.) = 155 calories
- FOOD SHOPPING WITH A CART = 155 calories
- RAKING LEAVES = 178 calories
- HEAVY HOUSE CLEANING = 200 calories
- MOWING THE LAWN WITH A PUSH MOWER = 244 calories

Similarly, calories can be burned by substituting a more rigorous activity for a more sedentary one. For instance, taking the stairs instead of the elevator while at work is an easy way to burn calories. Likewise, walking instead of driving when possible will cut calories. There are probably even ways to incorporate more exercise into the kind you already do—such as carrying golf clubs instead of renting a cart while on the course or just spending more time in quality outdoor play with your kids.

Whatever the exercise routine, it should be comfortable and fun. And making exercise a regular part of life will help ensure healthy days.

The information provided here is not to be used as a substitute for medical attention. Remember that, should you have specific medical questions or desire more information, contact your doctor.