

How many calories do you burn?

Here's a look at how many calories are burned for a variety of activities for different lengths of time.

MALES at 194 lbs.	15 min.	30 min.	45 min.
WALKING at 2 mph	55.4	110.9	166.3
RUNNING	175.6	351.1	526.7
BICYCLING less than 10 mph	87.1	174.2	261.4
SWIMMING, laps with light effort	175.6	351.1	526.7
FEMALES at 164 lbs.	15 min.	30 min.	45 min.
WALKING at 2 mph	46.9	93.7	140.6
RUNNING	148.4	296.8	445.2
BICYCLING less than 10 mph	73.7	147.3	220.9
SWIMMING, laps with light effort	148.4	196.8	445.2