

IS YOUR WORKOUT WORKING

Use this chart to see how many calories you burn doing your favorite aerobic activities. These are the number of calories burned per hour by a 100-, 150- and 200-lb person doing each type of exercise.



American Heart Association.
Healthy for Good™



WALKING | 3 mph

JOGGING | 5 mph

RUNNING | 10 mph

SWIMMING | casual

BICYCLING | 12-13 mph

JUMP ROPE | fast

TENNIS | singles

100

149

362

725

317

362

544

362

LBS

150

224

554

1,088

476

544

816

544

200

299

725

1,451

635

725

1,088

725

CALORIES/hour

LEARN MORE AT [HEART.ORG/MOVEMORE](https://www.heart.org/movemore)