

## Energy expenditure for different activities

Different activities require different levels of energy. The following table shows the approximate number of calories burned per hour during participation in various activities for the average UK female (65kg) and the average UK male (79kg).

Activity	Male Kcal/hr.	Female Kcal/hr.	Activity	Male Kcal/hr.	Female Kcal/hr.
High-impact aerobics	553	455	Dancing	356	293
Badminton	356	293	Rugby	790	650
Basketball	632	520	Golf driving range	237	195
Light outdoor cycling	474	390	Horse riding	316	260
Building construction	435	358	Jogging	553	455
Heavy cleaning	237	195	Pilates	277	228
Table tennis	316	260	Pushing baby buggy	198	163
Swimming vigorous pace	790	650	Tennis	553	455
Volleyball	316	260	Brisk walking	395	325
Vigorous weight lifting	474	390	Sitting – busy at office	198	163