

Certified Obesity Management Specialist

Calories Expended Per Hour

American College of Wellness

Types of Activities	Body Weight in Pounds					
	140 - 165	170 - 190	195 - 215	220- 245	250 - 265	Over 270
Standing, sleeping, resting, eating, sitting, watching TV (sedentary)	70-85	80-100	95-120	110-130	120-145	130-150
Talking, personal hygiene, writing, class work, office work (sedentary)	100-110	120-200	140-200	160-175	175-195	180-210
Standing, with light activity, driving, dressing, showering	150-190	230-240	210-280	225-300	250-330	250-350
Sweeping, gardening, motorcycling, horseback riding, walking 2 MPH	200-250	250-280	290-320	310-370	360-400	360-400
Washing windows, repairs, housework, mowing, mopping, moderate dancing, carpentry, moderate swimming, baseball	260-280	290-330	330-390	380-440	425-480	450-500
Raking, calisthenics, golf, bicycling 5 MPH, walking 3 MPH	290-330	340-385	400-440	460-500	490-530	500-550
Vigorous dancing, lumber or masonry work, volleyball, skating	345-385	400-450	460-520	525-585	585-650	620-700
Walking 4.5 MPH, basketball, canoeing, bowling	400-430	470-500	540-570	610-670	680-727	710-750
Chopping wood, shoveling snow, football, vigorous swimming, tennis, soccer	440-580	520-670	600-770	680-890	750-980	800-910
Mountain climbing, skiing, bicycling 10 MPH, running 5 MPH	590-650	690-760	780-870	900-1000	990-1200	1000-1500
Walking up stairs, running 7 MPH	850-1050	990-1230	1140-1420	1300-1600	1430-1700	1500-1800