

Calorie Counter

Calorie Calculator

Simply enter your bodyweight and the average time you spend during one of the exercises/activities and click on Compute Calories Burned. The number of calories burned for the time you specified will be calculated for each exercise/activity. You can click on "Clear And Start Again" and add your average time spent for as many exercises/activities as you like. You may want to print this page as a list of great exercises/activities and the number of calories your body burns for each one.

Weight (in lbs.):

Time (in min.):

Gym and Home Activities

Aerobics: low impact

Aerobics: high impact

Aerobics, Step: low impact

Aerobics, Step: high impact

Aerobics: water

Bicycling, Stationary: moderate

Bicycling, Stationary: vigorous

Circuit Training: general

Rowing, Stationary: moderate

Rowing, Stationary: vigorous

Ski Machine: general

Stair Step Machine: general

Weight Lifting: general

Weight Lifting: vigorous

Training Activities

Basketball: playing a game

Basketball: wheelchair

Bicycling: BMX or mountain

Bicycling: 12-13.9 mph

Bicycling: 14-15.9 mph

Boxing: sparring

Football: competitive

Football: touch, flag, general

Frisbee

Golf: carrying clubs

Golf: using cart

Gymnastics: general

Handball: general

Hiking: cross-country

Horseback Riding: general

Ice Skating: general

Martial Arts: general

Racquetball: competitive

Racquetball: casual, general

Rock Climbing: ascending

Rock Climbing: repelling

Rollerblade Skating

Rope Jumping

Running: 5 mph (12 min/mile)

Running: 5.2 mph (11.5 min/mile)

Running: 6 mph (10 min/mile)

Running: 6.7 mph (9 min/mile)

Running: 7.5 mph (8 min/mile)

Running: 8.6 mph (7 min/mile)

Running: 10 mph (6 min/mile)

Running: pushing wheelchair, marathon wheeling

Running: cross-country

Skiing: cross-country

Skiing: downhill

Snow

Shoeing

Softball: general play

Swimming: general

Tennis: general

Volleyball: non-competitive,
general play

Volleyball: competitive, gymnasium play

Volleyball: beach

Walk: 3.5 mph (17 min/mi)

Walk: 4 mph (15 min/mi)

Walk: 4.5 mph (13 min/mi)

Walk/Jog: jog <10 min.

Water Skiing

Water Polo

Whitewater: rafting, kayaking

Daily Life Activities

Chopping & Splitting Wood

Gardening: general

Housecleaning: general

Mowing Lawn: push, hand

Mowing Lawn: push, power

Operate Snow Blower: walking

Children's Games: 4-square, etc.

Raking Lawn

Sex: moderate effort

Shoveling Snow: by hand

Disclaimer: The information given on the Calorie Calculator is designed to help you make informed decisions about your health. It is not intended as a substitute for the advice or treatment that may have been prescribed by your physician. Before adhering to any of the information or recommendations, you should consult with your physician. Understand that you are solely responsible for the way that this information is perceived and utilized, and do so at your own risk. In no way will Fit-Body Ezine.com be responsible for any problems that might occur due to the use of this calorie calculator or the advice contained within.