



Fun in the Sun: How Many Calories Will You Burn?

LiveLifeWell

Summer's a perfect time to go outside, have some fun and burn some calories. Whether you enjoy biking, hiking or spiking a beach volleyball, exercise can help you stay in shape, increase your stamina and enjoy better health. To learn about Abbott programs that can help you increase your physical activity, visit iLiveLifeWell.com and click on "Get Moving."

Activity	Calories Burned per Hour		
	130-pound person	155-pound person	190-pound person
Backpacking	413	493	604
Baseball or softball	295	352	431
Beach volleyball	472	563	690
Bicycling (10-12 m.p.h.)	354	422	518
Canoeing or rowing (light effort)	177	211	259
Fishing	236	281	345
Gardening	295	352	431
Golfing	236	281	345
Hiking (cross country)	354	422	518
Horseback riding (trotting)	384	457	561
Rope jumping (moderate effort)	590	704	863
Running (5 m.p.h.)	240	298	355
Soccer (competitive)	590	704	863
Swimming laps, freestyle (light/moderate effort)	472	563	690
Tennis (singles)	210	260	311
Walking the dog (3 m.p.h.)	472	563	690

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