

Activity vs. Calories Burned (moderate)

Moderate physical activity: Hiking	Approximate calories burned by a 154-pound man in 30 minutes: 185
Moderate physical activity: Light gardening/yard work	Approximate calories burned by a 154-pound man in 30 minutes: 165
Moderate physical activity: Dancing	Approximate calories burned by a 154-pound man in 30 minutes: 165
Moderate physical activity: Golf (walking and carrying clubs)	Approximate calories burned by a 154-pound man in 30 minutes: 165

Activity vs. Calories Burned (moderate)

Moderate physical activity: Bicycling (less than 10 mph)	Approximate calories burned by a 154-pound man in 30 minutes: 145
Moderate physical activity: Walking (3.5 mph)	Approximate calories burned by a 154-pound man in 30 minutes: 140
Moderate physical activity: Weight training (general light workout)	Approximate calories burned by a 154-pound man in 30 minutes: 110
Moderate physical activity: Stretching	Approximate calories burned by a 154-pound man in 30 minutes: 90

Adapted from: U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC. Title of Publication. <http://www.choosemyplate.gov/physical-activity/calories-burn.html>