

IS YOUR WORKOUT WORKING?

Check the chart to see how your favorite aerobic activities affect your health goals according to your weight. These are the number of calories burned per hour by a 100-, 150-, and 200-lb person doing each exercise.



WALKING | 3 mph

JOGGING | 5.5 mph

RUNNING | 10 mph

SWIMMING | 25 yds/min

BICYCLING | 12 mph

JUMP ROPE

TENNIS | singles

100	210	440	850	185	270	500	265
150	320	660	1,280	275	410	750	400
200	416	962	1,664	358	534	1,000	535

LBS

CALORIES / hour

LEARN MORE AT [HEART.ORG/MOVEMORE](https://www.heart.org/movemore)