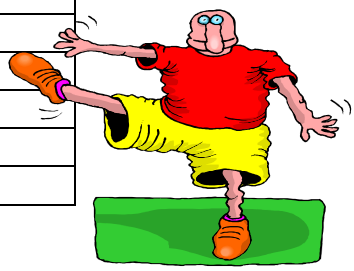
Burn Those Calories!!

The chart below reflects the number of calories burned by performing any of the activities listed for 30 minutes.

Activity	**150 lbs. person**	**200 lbs. person**	**250 lbs. person**	**300 lbs. person**
Housework	99	132	165	198
Fishing	103	138	172	206
Slow Ballroom Dancing	103	138	172	207
Frisbee Playing	103	138	172	207
Recreational Volleyball	117	156	195	234
General Weight Lifting	117	156	195	234
Stretching	135	180	225	270
Raking Lawn	135	180	225	270
Walk/run/playing with kids	135	180	225	270
Water Aerobics	135	180	225	270
Bicycling Leisurely	135	180	225	270
Push Mowing	148	198	248	297
Walking 3mph	148	198	248	297
Badminton	153	204	255	306
Mopping	153	204	255	306
Shooting Hoops	153	204	255	306
Washing Car	153	204	255	306
Farming/Feeding Livestock	169	215	270	323
Fast Ballroom Dancing	189	252	315	378
Low Impact Aerobics	206	276	345	414
High Impact Aerobics	238	318	398	477
Moderate Swimming	206	276	345	414
Jogging	238	318	398	477
Low Impact Step Aerobics	238	318	398	477
High Impact Step Aerobics	360	480	600	720
Stationary Bicycling	238	318	398	477
Stair Step Machine	238	318	398	477
Rowing Machine	238	318	398	477
Running 5mph	288	384	480	576
Elliptical Trainer	386	516	645	774



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