

Calories used in one hour by people of different weights			
Activity	77 lbs.	99 lbs.	110 lbs.
Basketball	345	405	435
Bicycling (moderate)	150	175	190
Bicycling (vigorous)	410	480	515
Jump roping	865	1015	1090
Running	405	480	515
Skating	215	255	275
Skateboarding	150	175	190
Skiing	370	435	465
Soccer	375	435	470
Swimming	185	220	235
Walking	165	205	225
Watching TV	50	55	60