Table of physical actvity

Use the table to calculate calories. If a given category is not on the list, try to decide to which category a given activity belongs.

Type of physical activity **Table based on Food and Nutrition Institute data. The table presents rounded estimates.**	**Kcal/ hour**	**Kcal / 30 minutes**	**Kcal / 15 minutes**
Walking	**200**	**100**	**50**
Bicycle riding, fast walking, ping-pong, intensive gymnastics	**300**	**150**	**75**
Swimming, volleyball, tennis, roller-skating, skating	**400**	**200**	**100**
Basketball, dancing, rowing	**500**	**250**	**125**
Football, running, horse-riding, jump rope	**600**	**300**	**150**
Walking up the stairs	**1000**	**500**	**250**