

Metabolism and Weight Management

Balancing diet with exercise, both cardiovascular and resistance training, is the most effective way to reach your weight management goals. Resistance training increases your lean muscle mass and increases your resting metabolic rate. Cardiovascular training burns extra calories and contributes to your total calorie expenditure. Ask your fitness trainer or a health professional about having your metabolism measured with BodyGem® device or MedGem® device by HealthTech™ and make your health fitness plan even more successful.



Activity	Type	cal./hr. @110lb.	cal./hr. @130lb.	cal./hr. @150lb.	cal./hr. @170lb.	cal./hr. @190lb.	cal./hr. @210lb.	cal./hr. @230lb.	cal./hr. @250lb.
aerobics class	water	210	248	286	325	364	401	439	477
aerobics class	low impact	263	310	358	406	455	501	549	596
aerobics class	high impact	368	434	501	568	637	702	768	835
aerobics class	step with 6–8 inch step	446	527	609	690	774	852	933	1014
aerobics class	step with 10–12 inch step	525	621	716	812	910	1003	1097	1193
backpack	general	368	434	501	568	637	702	768	835
badminton	singles and doubles	236	279	322	365	410	451	494	537
badminton	competitive	368	434	501	568	637	702	768	835
baseball	throw/catch	131	155	179	203	228	251	274	298
baseball	fast or slow pitch	263	310	358	406	455	501	549	596
basketball	shooting baskets	236	279	322	365	410	451	494	537
basketball	wheelchair	341	403	465	528	592	652	713	775
basketball	game	420	496	573	649	728	802	878	954
bike	10–11.9 mph, slow	315	372	430	487	546	602	658	716
bike	12–13.9 mph, moderate	420	496	573	649	728	802	878	954
bike	14–15.9 mph, fast	525	621	716	812	910	1003	1097	1193
bike	16–19.9 mph, very fast	630	745	859	974	1092	1203	1317	1431
bike	> 20 mph, racing	840	993	1146	1299	1452	1604	1756	1908
bike	50 watts, stationary, very light	158	133	215	243	273	301	329	358
bike	100 watts, stationary, light	289	341	394	446	501	552	603	656
bike	150 watts, stationary, moderate	368	434	501	568	637	702	768	835
bike	200 watts, stationary, vigorous	551	652	752	852	956	1053	1152	1252
bike	250 watts, stationary, very vigorous	656	776	895	1015	1138	1253	1372	1491
bike	BMX or mountain	446	527	609	690	774	852	933	1014
boxing	punching bag	315	372	430	487	546	602	658	716
boxing	sparring	473	558	644	730	819	902	988	1074
calisthenics	back exercises	184	217	251	284	319	351	384	417
calisthenics	pull-ups, jumping jacks	420	496	573	649	728	802	878	954
calisthenics	push-ups or sit-ups	420	496	573	649	728	802	878	954
circuit training	general	420	496	573	649	728	802	878	954
elliptical trainer	light Intensity	306	362	418	473	529	585	640	696
elliptical trainer	moderate Intensity	408	482	557	631	705	779	854	928
elliptical trainer	high Intensity	510	603	696	789	881	974	1067	1160
football	flag or touch	420	496	573	649	728	802	878	954
football	competitive	473	558	644	730	819	902	988	1074
Frisbee™	general	158	133	215	243	273	301	329	358

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Frisbee™	ultimate	420	496	573	649	728	802	878	954
golf	power cart	184	217	251	284	319	351	384	417
golf	pull clubs	226	267	308	349	391	431	472	513
golf	carry clubs	236	279	322	365	410	451	494	537
handball	general	630	745	859	974	1092	1203	1317	1431
hike	general	315	372	430	487	546	602	658	716
hockey	ice, field hockey	420	496	573	649	728	802	878	954
jog	general	368	434	501	568	637	702	768	835
jog	jog/walk combination	315	372	430	487	546	602	658	716
jump rope	slow	420	496	573	649	728	802	878	954
jump rope	moderate	525	621	716	812	910	1003	1097	1193
jump rope	fast	630	745	859	974	1092	1203	1317	1431
kayak	general	263	310	358	406	455	501	549	596
martial arts	general	525	621	716	812	910	1003	1097	1193
pilates	basic	368	434	501	568	637	702	768	835
pilates	intermediate	255	302	348	394	441	487	533	580
pilates	advanced	306	362	418	473	529	585	640	696
racquetball	casual	368	434	501	568	637	702	768	835
racquetball	competition	525	621	716	812	910	1003	1097	1193
rafting	whitewater	263	310	358	406	455	501	549	596
rock climb	general	420	496	573	649	728	802	878	954
rowing	canoeing 2.0-3.9mph (light effort)	153	181	209	237	264	292	320	348
rowing	canoeing 4.0-5.9mph (moderate effort)	357	422	487	552	617	682	747	812
rowing	canoeing >6.00- (vigorous effort)	612	724	835	946	1058	1169	1280	1392
rowing	canoeing, sculling for competition	638	754	870	986	1102	1218	1334	1450
rowing	stationary, 50 watts (very light effort)	179	211	244	276	308	341	373	406
rowing	stationary, 100 watts (ight effort)	357	422	487	552	617	682	747	812
rowing	stationary, 150 watts (moderate effort)	434	513	591	670	749	828	907	986
rowing	stationary, 150 watts (vigorous effort)	612	724	835	946	1058	1169	1280	1392
rowing	stationary, general	357	422	487	552	617	682	747	812
rugby	general	525	621	716	812	910	1003	1097	1193
run	5 mph, 12 min/mi	420	496	573	649	728	802	878	954
run	5.2 mph, 11.5 min/mi	473	558	644	730	819	902	988	1074
run	6 mph, 10 min/mi	525	621	716	812	910	1003	1097	1193
run	6.7 mph, 9 min/mi	578	683	788	893	1001	1103	1207	1312
run	7 mph, 8.5 min/mi	604	714	824	933	1047	1153	1262	1372
run	7.5 mph, 8 min/mi	656	776	895	1015	1138	1253	1372	1491
run	8 mph, 7.5 min/mi	709	838	967	1096	1229	1354	1481	1610
run	8.6 mph, 7 min/mi	735	869	1003	1136	1274	1404	1536	1670
run	9 mph, 6.5 min/mi	788	931	1074	1217	1366	1504	1646	1789
run	10 mph, 6 min/mi	840	993	1146	1299	1457	1604	1756	1908
run	10.9 mph, 5.5 min/mi	945	1117	1289	1461	1639	1805	1975	2147
run	cross country	473	558	644	730	819	902	988	1074
skate, ice	general	368	434	501	568	637	702	768	835
skate, in-line	in-line/general	656	776	895	1015	1138	1253	1372	1491
skateboard	general	263	310	358	406	455	501	549	596
ski, downhill	light	263	310	358	406	455	501	549	596
ski, downhill	moderate	315	372	430	487	546	602	658	716
ski, downhill	vigorous/race	420	496	573	649	728	802	878	954
ski machine	general	368	434	501	568	637	702	768	835
ski, x-country	2.5 mph, slow	368	434	501	568	637	702	768	835
ski, x-country	4–4.9 mph, moderate	420	496	573	649	728	802	878	954
ski, x-country	5–7.9 mph, brisk	473	558	644	730	819	902	988	1074
snowboard	general	394	465	537	609	683	752	823	895
snowshoe	general	420	496	573	649	728	802	878	954
soccer	casual	368	434	501	568	637	702	768	835
soccer	competitive	525	621	716	812	910	1003	1097	1193
softball	general	263	310	358	406	455	501	549	596
spinning™	light intensity-seated	255	302	348	394	441	487	533	580
spinning™	moderate intensity-mixed	383	452	522	591	661	731	800	870
spinning™	high intensity-climbing	510	603	696	789	881	974	1067	1160
stair stepper	general	473	558	644	730	819	902	988	1074
stationary rower	50 watts, light	184	217	251	284	319	351	384	417