

Calories burned by a 150-pound person in various activities. (If you weigh more, you burn more.)

Activity	Calories Per Hour
Bicycling, 13 mph	660
Skiing, cross-country	648
Handball	570
Skiing, downhill	570
Canoeing	420
Tennis	420
Orgasm	400
Woodchopping	400
Badminton	390
Skating (moderate)	324
Swimming, .25 mph	300
Walking, 3.75 mph	300
Calisthenics	294
Bowling	270
Sex	270
Golf; lawn mowing	250
Gardening	220
Bicycling, 5.5 mph	210
Walking, 2.5 mph	210
Standing	140
Driving a car	120
Foreplay	100
Sitting	100
Lying down; sleeping	80