

Running (Moderate)



Calories burnt per hour: 475kcal

Walking (Moderate)



Calories burnt per hour: 200kcal

Swimming (Breaststroke)



Calories burnt per hour: 600kcal

Biking (Moderate)



Calories burnt per hour: 475kcal

Watching TV



Calories burnt per hour: 60kcal

Sleeping



Calories burnt per hour: 40kcal