

Modes of Exercise



Match the modes of exercise to calories burned in 30 minutes.

150cal

A. SPIN CLASS
(Stationary Bike)

180cal

B. BRISK WALKING

250cal

C. MOWING THE LAWN

350cal

D. SWIMMING

410cal

E. RUNNING

Answers: c(150cal), b(180cal), d(250cal), e(350cal), a(410cal)

