

Table 17-1
**Rate of Energy Expenditure
 for a 70-kg Person during Different
 Types of Activity**

<i>Form of Activity</i>	<i>Energy Expenditure (Kcal/Hour)</i>
Sleeping	65
Awake, lying still	77
Sitting at rest	100
Standing relaxed	105
Getting dressed	118
Typewriting	140
Walking slowly on level (2.6 mi/hr)	200
Carpentry, painting a house	240
Sexual intercourse	280
Bicycling on level (5.5 mi/hr)	304
Shoveling snow, sawing wood	480
Swimming	500
Jogging (5.3 mi/hr)	570
Rowing (20 strokes/min)	828
Walking up stairs	1,100