

300-400 calories per hour



600 calories per hour



Walking



600 calories per hour



Swimming

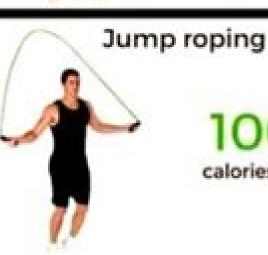
Running



Rowing



840 calories per hour



1000+
calories per hour

# Exercise Regulates Weight Physical Activities Definitely Burn S Calories

Raffaela Di Napoli

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