

Physical activity is a wonder drug. Staying active has a long list of benefits both now and in the future. Physical Therapists are *Movements Experts* and the most qualified professionals there are to help you move better, keeping you healthy now and well into the future. Think of your PT as more than someone that you see when you need help with pain or an injury. Think of your PT as your partner and coach, working to help you stay healthy for life.

| Exercise | Calories/Minute | 30 Minutes of This Activity |
|--|-----------------|-----------------------------|
| Walking | 3.85 | 115 |
| Yoga | 4.9 | 149 |
| Hiking | 7.1 | 210 |
| Pilates | 7.2 | 215 |
| Swimming (casually) | 8.1 | 245 |
| Aerobic Dance (Zumba) | 8.2 | 246 |
| Stationary Bicycling | 8.6 | 260 |
| Jumping rope | 8.7 | 261 |
| Outdoor Bicycling (12mph pace) | 9.4 | 282 |
| Rowing | 9.9 | 298 |
| Jumping Jacks | 9.9 | 298 |
| Elliptical | 11.1 | 335 |
| Kettlebell circuits | 11.4 | 344 |
| Spinning | 11.7 | 352 |
| Kickboxing | 12.0 | 361 |
| Running | 13.4 | 402 |

**Calories listed are an estimate. Your exact calorie burn depends on factors like intensity, duration, body composition and basal metabolic rate.*

Sources and Additional Resources:

- [HealthLine.com: What Exercise Burns the Most Calories?](https://www.healthline.com/health/fitness/what-exercise-burns-the-most-calories)
- [Women's Health Magazine: Best Calorie Burning Exercises](https://www.womenshealthmag.com/fitness/best-calorie-burning-exercises)