

Fitness Program Design FITNESS MENU	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS M. P. 1-A05.05 08/1997-N Page 1 of 1
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Fitness can be achieved outside the four walls of a gym. Refer to the chart below and discover how activities generally thought of as recreational can be part of a well rounded program.

Zero= No benefit, Ten= Maximum benefit

ACTIVITY	FUN	UPPER BODY STRENGTH	LOWER BODY STRENGTH	AEROBIC	FLEXIBILITY	AGILITY	COORDINATION	CALORIES BURNED PER HOUR
Basketball	10	6	9	10	5	10	10	480-680
Volleyball	10	5	6	7	5	10	10	300-360
Racquetball	10	4	6	7	5	10	10	480-660
Tennis	10	5	8	8	5	10	10	420-480
Aerobics	10	7	8	10	10	10	0	480-660
Weight-lifting	10	10	10	8	5	6	0	400-500
Soccer	10	4	9	10	5	10	10	480-660
Snow-skiing	10	5	9	8	5	10	0	400-500
Water-skiing	10	7	9	8	5	10	0	400-500
Golf	10	4	5	4	5	10	10	300-360
Bowling	10	5	5	4	5	10	3	240-300
Cycling 5 mph	10	4	8	7	5	7	0	150-240
Cycling 10 mph	10	4	9	9	5	7	0	360-420
Walking 2 mph	10	3	6	5	5	5	0	150-240
Jogging 5 mph	10	3	7	8	5	6	0	480-600
Running 6-10 mph	10	3	9	10	5	6	0	600+
Mtn. Climbing	10	8	10	10	5	7	0	480-600