

Calories Burned Canoeing or Kayaking

CANOEING/KAYAKING - Per 15 Minutes	
WEIGHT IN POUNDS	CALORIES BURNED
105	71
110	74
115	77
120	82
125	85
130	89
140	96
150	102
160	109
170	116
180	122
190	129
200	136
210	143
220	149
230	156
240	162