

# WATER ACTIVITY CHECKLIST

CALORIES BURNED IN 30 MINUTES\*



102

Sailing



102

Surfing



136

Paddle Boating



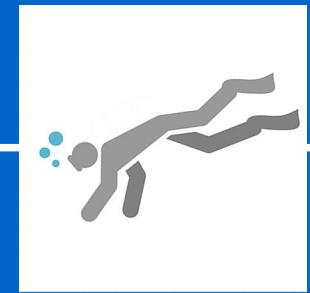
153

Water Walking



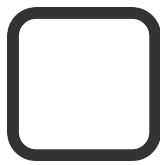
170

Kayaking



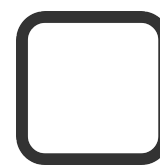
170

Snorkeling



198

Swimming



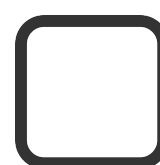
205

Water Skiing



205

Paddleboarding



American  
Institute for  
Cancer  
Research®

For more information on physical activity and cancer prevention visit: [aacr.org](https://aacr.org)

\*Calories are for a 150 pound individual.

Calories = METS x weight (kg)\*\* x time (hours)

Source: PA Compendium: <https://sites.google.com/site/compendiumofphysicalactivities/>