

# sex talk.

answers to your questions about sex and relationships

wildfact

63% of UA students do moderate cardio for at least 30 min., 3+ times per week.

(2016 Health & Wellness Survey, n=3,113)

## What is the average amount of calories you can burn during sex?

The short answer to your question is “it depends.” Just as with any type of physical activity, duration, intensity and body weight are all variables that will make a difference in how many calories are expended during sex. But if you are thinking about skipping your daily bike commute or regular workout at the Rec Center in favor of more “sexercise,” keep in mind that the non-coital forms of physical activity tend to burn more calories per unit of time.

Reliable data on these types of measures is scarce as you might imagine, but one study estimated that a 175-pound individual would burn around 150-200 calories during 30-45 minutes of intercourse. To put this in perspective, that’s roughly half the calories that same person might expend during 30-45 minutes of bowling.

In short, healthy sex has many

benefits, but burning calories isn’t necessarily at the top of the list. In addition to fostering intimacy, research shows that healthy sex can have a positive effect on stress, sleep, the immune system and self esteem. Here at the UA, there is no shortage of other ways to stay active *outside* the bedroom. See the list below for some other general examples of energy expenditure.

These values are calculated based on an 150-pound individual at a leisurely pace for one hour (if you weigh more you burn more, if you weigh less you burn less):

- Frisbee..... 216 calories
- Yoga..... 252 calories
- Biking ..... 264 calories
- Walking ..... 324 calories
- Ping Pong ..... 444 calories
- Basketball ..... 570 calories
- Swimming ..... 636 calories
- Running..... 667 calories
- Racquetball.... 726 calories



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Have a question? Email it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)



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