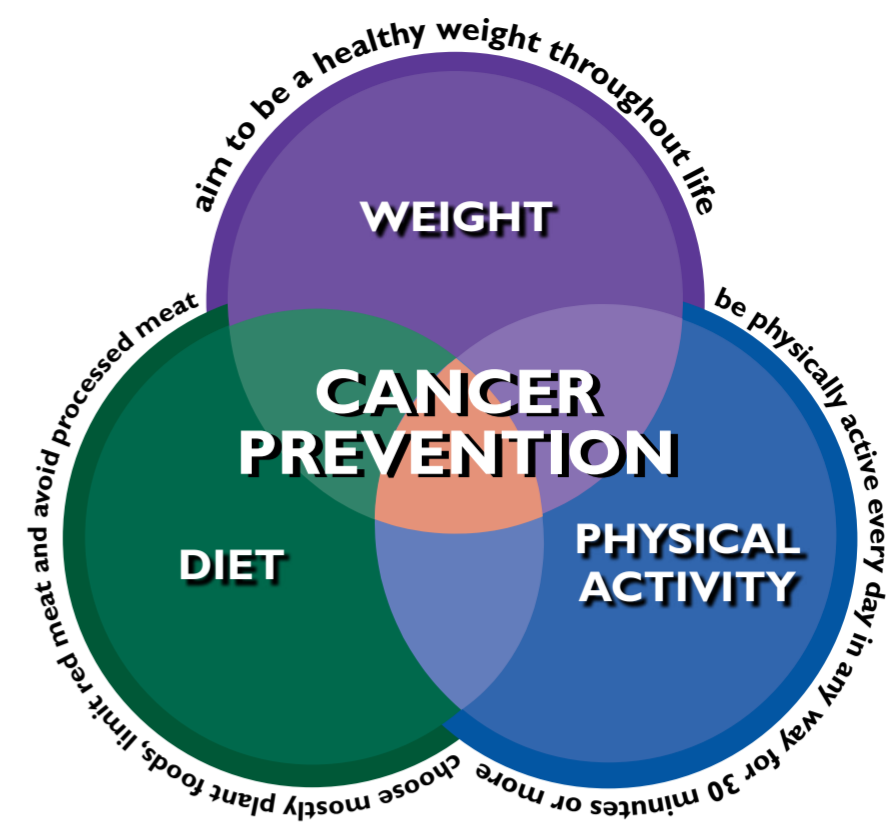


# Reaching your physical activity goals

Aim to be physically active for 30 minutes or more every day – remember that anything is better than nothing. The more you do each day, the more you are helping to reduce your cancer risk!



These are approximate values for a 10 stone person of average build. They show the extra calories that would be burnt when engaging in these activities, compared to sitting at rest.

## Aerobics (low impact)



Calories burnt in an hour **255**

## Badminton



Calories burnt in an hour **220**

## Cycling (12–14 mph – moderate)



Calories burnt in an hour **445**

## Dancing (disco, ballroom)



Calories burnt in an hour **220**

## Gardening (general)



Calories burnt in an hour **190**

## Hiking (cross-country)



Calories burnt in an hour **320**

## Jogging (5 mph)



Calories burnt in an hour **445**

## Rollerblading



Calories burnt in an hour **730**

## Rowing machine (moderate)



Calories burnt in an hour **380**

## Running (7 mph)



Calories burnt in an hour **670**

## Martial arts



Calories burnt in an hour **570**

## Squash playing



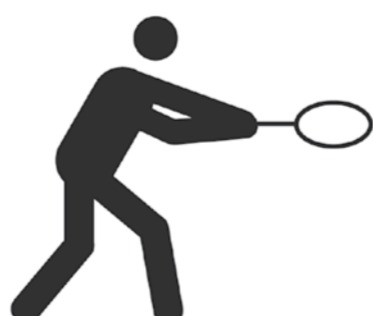
Calories burnt in an hour **700**

## Swimming (leisurely)



Calories burnt in an hour **320**

## Tennis playing



Calories burnt in an hour **380**

## Walking (3.5 mph)



Calories burnt in an hour **180**

## Yoga (Hatha)



Calories burnt in an hour **95**

**World Cancer Research Fund (WCRF UK)**  
 “Stopping cancer before it starts”



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