

Moving More

- Being physically active can help reduce your risk of cancer, heart disease, type 2 diabetes, obesity, osteoporosis, cognitive decline and depression
- Be moderately active, equivalent to brisk walking, for 30 minutes every day
- As fitness improves, aim for 60 minutes or more of moderate, or for 30 minutes of more vigorous, physical activity every day
- Limit sedentary habits where possible, such as sitting down to watch television in the evening

Top tips for being more active:

- Get off the train or bus a stop early, or park your car further away from your destination, and walk the rest of the way
- Cycle to and from work, shops and friends' houses
- Take the stairs instead of the lift, and walk up and down escalators instead of standing
- Go for 30-minute walks, runs or cycles every day, or two 15-minute sessions each morning and evening
- Break up long periods of sitting down with a few stretches
- For a balanced workout, and to avoid getting bored, try different activities

Reaching your physical activity goals

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

Running (7 mph)



Calories burnt in an hour 670

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

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.

For more information about this factsheet please contact us:

World Cancer Research Fund (WCRF UK)

Registered with the Charity Commission in England and Wales (Registered Charity No: 1000739)

22 Bedford Square, London WC1B 3HH Tel: 020 7343 4200 Web: www.wcrf-uk.org

© 2011 World Cancer Research Fund / Next review date: August 2013

