

EXERCISE

a vital part of a healthy you



Lighten Up **SA**
CHANGING THE SHAPE OF OUR STATE

Burning calories is an essential part of preventing weight gain.

<p>Aerobics</p>  <p>Calories burnt in an hour 300</p>	<p>Badminton</p>  <p>Calories burnt in an hour 204</p>	<p>Bush walking</p>  <p>Calories burnt in an hour 164</p>	<p>Cycling</p>  <p>Calories burnt in an hour 360</p>
<p>Gardening</p>  <p>Calories burnt in an hour 228</p>	<p>Jogging</p>  <p>Calories burnt in an hour 360</p>	<p>Modern dancing</p>  <p>Calories burnt in an hour 308</p>	<p>Roller skating</p>  <p>Calories burnt in an hour 360</p>
<p>Rowing machine</p>  <p>Calories burnt in an hour 360</p>	<p>Running</p>  <p>Calories burnt in an hour 576</p>	<p>Skiing</p>  <p>Calories burnt in an hour 360</p>	<p>Squash</p>  <p>Calories burnt in an hour 468</p>
<p>Swimming</p>  <p>Calories burnt in an hour 513</p>	<p>Tennis</p>  <p>Calories burnt in an hour 312</p>	<p>Walking</p>  <p>Calories burnt in an hour 288</p>	<p>Yoga</p>  <p>Calories burnt in an hour 160</p>

Aim for an hour each day of moderately intense exercise and an hour each week of vigorous activity.