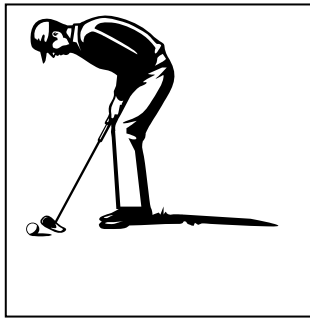


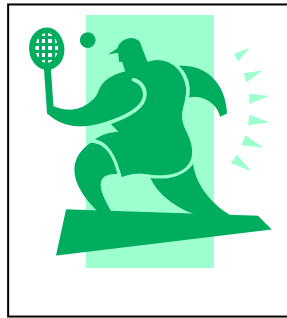
## CALORIES USED IN DIFFERENT FORMS OF EXERCISE

The table below may be useful in providing some insight into caloric expenditure of exercise.

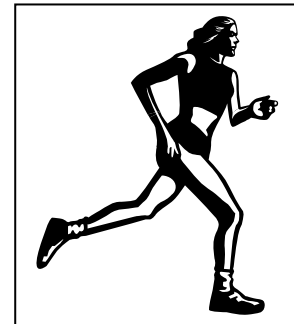
<b>LIGHT 4 Cals (17kj) /minute)</b>	<b>MODERATE 7 Cals (30kj) /minute)</b>	<b>HEAVY 10 cals (40kj) /minute)</b>
Walking, slow	Walking,brisk	Walking (power),jogging
Cycling,light	Cycling,moderate	Cycling,vigorous
Golf,social	Swimming,freestyle	Swimming,strenous
Tennis,doubles	Weight training,light	Weight training,heavy
Housework,cleaning	Tennis,singles	Wrestling/judo advanced
Callisthenics,Yoga	Squash,Badminton	Football (training)
Ten Pin Bowling	Football	Skipping
Aquaerobics,light	Basketball	Kick Boxing,Tae Bo
Line/square dancing	Volleyball	Basketball (pro)
Skate Boarding	Dancing	Climbing stairs
		Dancing (strenous)



**Golf (mild )**



**Tennis (moderate)**



**Running (heavy)**

This table should be used as a guide only. Some individuals may be able to participate in sports in the moderate calorie expenditure section at heavy calorie expenditure. Eg Most social tennis players, would have a moderate calorie expenditure playing singles, however some pro tennis players in some matches would fall into the heavy category. Swimming and walking are other categories that can fall into multiple categories.

The bottom line is simple that harder you exercise the more calories you will burn, and the better results you will attain. An exercise program should always be undertaken in conjunction with a calorie controlled diet. See your dietitian.