

Keeping active is good for almost every aspect of your health

- Maintains your bones, keeps your joints supple, helps your posture.
- Reduces your heart age.
- Helps you sleep.
- Burns off those calories and keeps your weight down.
- Hydrates and freshens your skin making you look younger.
- Reduces the symptoms of anxiety and depression.

Here are some activities and the calories you can burn in 30 minutes.

YOGA (HATHA)



95 calories

VACUUMING



130 calories

WALKING



135 calories

GARDENING



145 calories

CLIMBING STAIRS



155 calories

ROWING MACHINE



185 calories

HIKING



205 calories

BADMINTON



215 calories

SWIMMING (LEISURELY)



235 calories

JOGGING



270 calories

AEROBICS



285 calories

TENNIS



285 calories

CYCLING



290 calories

DANCING



300 calories

MARTIAL ARTS



400 calories

RUNNING (7 MPH)



425 calories

Activity guidelines for adults aged 19-64



150+ minutes of moderate activity every week.

And

Strength exercises 2+ days a week.

75 minutes of vigorous activity every week.

And

Strength exercises 2+ days a week.

A mix of moderate and vigorous activity.

1 minute of vigorous activity = 2 minutes of moderate activity.

Vigorous activity has health benefits over and above moderate activity.

Moderate activity

- Walking fast or hiking.
- Water aerobics .
- Riding a bike on level ground or with few hills.
- Doubles tennis.
- Pushing a lawn mower.

- Raises your heart rate, makes you breathe faster and feel warmer.
- You can still talk, but you can't sing the words to a song.

Vigorous activity

- Jogging or running.
- Riding a bike fast or on hills.
- Football, rugby, hockey, singles tennis, swimming fast.
- Skipping a rope.
- Aerobics, gymnastics, martial arts.

- Makes you breathe hard and fast.
- You can say a few words but then need to pause for breath.

Strength exercises

Pilates. Yoga. Heavy gardening. Weight training. Sit ups, press ups.

Work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).