

## Activity Cards

The following cards show:

An image of each activity (20 in total)

*These figures are based on the amount of energy used by a 60kg adult doing the activity for 30 minutes.*

Source: Intensities and energy expenditure for common types of physical activity (adapted from Department of Health, 2004 "At least 5 a week" report).

### Ironing



Light  
289 kJ  
69 kcal

### Cleaning and dusting



Light  
314 kJ  
75 kcal

## Walking – strolling 2mph



Light  
314 kJ  
75 kcal

## Painting and decorating



Moderate  
376 kJ  
90 kcal

## Walking – 3mph



Moderate  
414 kJ  
99 kcal

## Vacuum cleaning



Moderate  
439 kJ  
105 kcal

## Golf – walking, pulling clubs



Moderate  
540 kJ  
129 kcal

## Badminton – social



Moderate  
567 kJ  
135 kcal

## Tennis – doubles



Moderate  
628 kJ  
150 kcal

## Walking – brisk, 4 mph



Moderate  
628 kJ  
150 kcal

Mowing lawn –  
walking, using  
power mower



Moderate  
690 kJ  
165 kcal

Cycling  
10 – 12 mph



Moderate  
753 kJ  
180 kcal

Aerobic dancing



Vigorous  
826 kJ  
240 kcal

Cycling  
12 – 14 mph



Vigorous  
1004 kJ  
240 kcal

## Swimming – slow crawl, 50 yards p/m



Vigorous  
1004 kJ  
240 kcal

## Tennis – singles



Vigorous  
1004 kJ  
240 kcal

## Running – 6mph



Vigorous  
1255 kJ  
300 kcal

## Running – 7 mph



Vigorous  
1443 kJ  
345 kcal

## Running – 8mph



Vigorous  
1690 kJ  
404 kcal