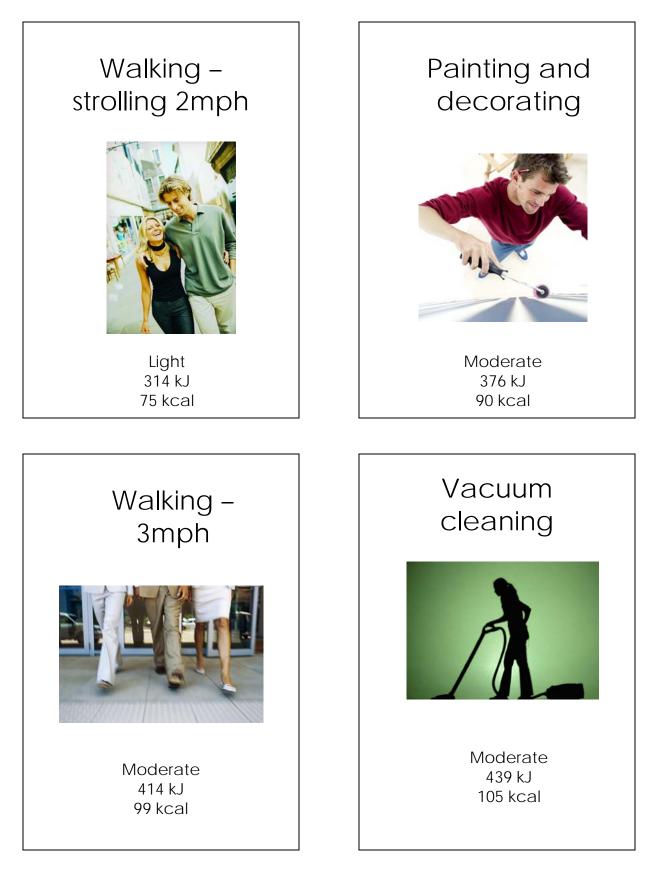


## **Activity Cards**

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).





## Golf – walking, pulling clubs

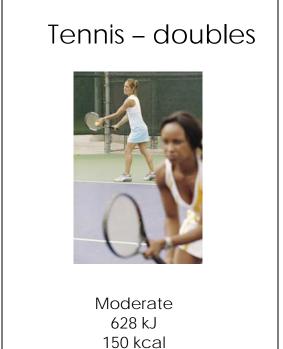


Moderate 540 kJ 129 kcal

## Badminton – social



Moderate 567 kJ 135 kcal

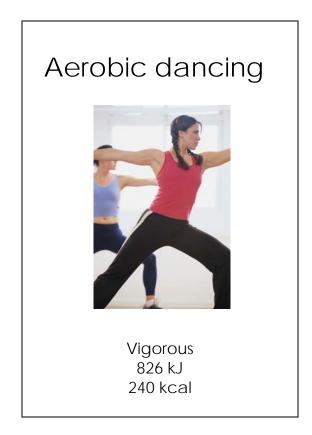


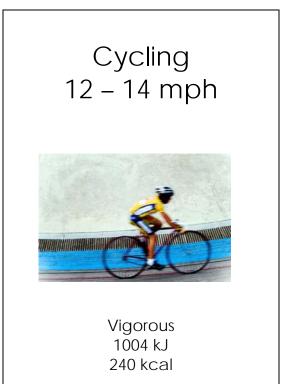
Walking – brisk, 4 mph



Moderate 628 kJ 150 kcal













## Running – 8mph



Vigorous 1690 kJ 404 kcal