

## PHYSICAL ACTIVITY WHILE ON POST (continued)

### In conclusion

Physical exercise is one way to stay healthy, especially for people like our diplomats, their families and co-workers who have such wide-ranging responsibilities and who work in social, political and cultural contexts different

from ours, where eating well and often consuming overly rich, highly spiced and highly salted foods are a way of life. To counteract the negative effects of a too hectic and often unhealthy life style, be good to yourselves, exercise (make it a habit) and, depending on the circumstances that you encounter

where you will be living, choose a sport that suits you; it might be walking or its spin-offs since it may, quite often, be the one most readily available to you

**TABLE OF PHYSICAL ACTIVITIES  
AND THE NUMBER OF CALORIES BURNED OFF**  
(For thirty minutes of activity)

	For a person weighing 50 kg	For a person weighing 65 kg	For a person weighing 80 kg
	Extra energy required (calories)	Extra energy required (calories)	Extra energy required (calories)
Badminton	183	240	294
Handball	186	258	330
Softball	132	171	210
Basketball	288	375	462
Shadowboxing	45	63	81
Rowing at 4 km/hr	48	84	120
Rowing at 5 km/hr	132	171	210
Rowing at 6 km/hr	138	192	246
Running at 9 km/hr	237	306	378
Running at 11 km/hr	288	375	462
Cycling at 10 km/hr	105	138	168
Cycling at 15 km/hr	159	204	252
Cycling at 20 km/hr	183	240	294
Dancing (intensive activity)	120	171	219
Dancing (moderate activity)	90	126	162
Football	183	240	294
18-hole golf	105	138	168
Ice hockey	315	411	504
Judo and karate	264	342	420
Slow walk at 3 km/hr	63	87	109
Walking at 5 km/hr	78	102	126
Walking at 7 km/hr	132	171	210

	For a person weighing 50 kg	For a person weighing 65 kg	For a person weighing 80 kg
	Extra energy required (calories)	Extra energy required (calories)	Extra energy required (calories)
Walking in the snow at 7 km/hr	153	213	270
Walking in 10-cm snow	210	273	336
Swimming breast stroke, crawl and back stroke at 2.5 km/hr	183	240	294
Swimming butterfly stroke at 3 km/hr	369	477	588
Skating	138	192	242
Shovelling snow	105	150	195
Bowling	78	102	126
Snowshoeing at 4 km/hr	264	342	420
Racquetball	264	342	420
Skipping 66 jumps/min	264	342	420
Skipping 100 jumps/min	288	375	462
Downhill skiing	196	258	330
Cross-country skiing at 4 km/hr	159	204	252
Cross-country skiing at 6 km/hr	210	273	336
Cross-country skiing at 8 km/hr	264	342	420
Soccer	169	270	342
Squash	237	306	378
Tennis	183	240	294
Volleyball	183	240	294

This table is taken from: *Bien se nourrir quand on est actif* by: Kino-Québec  
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