

SPORTS CATEGORY KILOJOULE CALCULATOR

How much do you Burn?

See how many Kilojoules you consume doing your sport



Fight Obesity with Fun

Your handy guide inside



Home Grown Brands
AUSTRALIA

Fight Obesity with Fun



Proudly
supporting
Surf Life
Saving Clubs
around
Australia

**Everyone knows being overweight brings
health problems later in life****

63% of Australians are Overweight or Obese*

Fact: One in four children in NSW are Overweight or Obese

Fact: Obese children have a 25% -50% chance of being Obese adults

Fact: 56% of Adults are inactive or insufficiently active

Fact: 95% of adults do not consume the recommended amounts of fruit and vegetables

Fact: Regional Australians are more Obese than Cosmopolitan 73.3% in Country SA
53.4% in Northern Sydney

Fact: Regular physical activity can help prevent Heart disease, Stroke, Type 2 diabetes
some cancers, especially of the bowel and breast, Osteoporosis (weak bones).**

***Obesity and Overweight** The prevalence of overweight and obesity among Australians has been steadily increasing for the past 30 years. In 2014 -15, around 63% of Australian adults were classified as overweight or obese, and more than 28% of these fell into the obese category. Download the Government Report. www.myhealthycommunities.gov.au/our-reports/overweight-and-obesity-rates/december-2016/report

**www.aihw.gov.au/cvd-diabetes-ckd/risk-factors/



Australian Government
Department of Health

It's a simple equation

Activities you do, combined with what you eat determines your weight.

What you eat in Kilojoules and what you burn off by everyday physical activity determines your weight.

Not enough activity... not enough Kilojoules burned and you'll put on weight.

How many Kilojoules do you burn?

See how many you burn doing different activities. We have included many activities and the physical and Cardio benefits of doing them in the next few pages.

You can look up your own personal kilojoules burn calculators at these links
www.8700.com.au/balance-and-burn/how-to-burn-your-kjs/
www.mydr.com.au/tools/calories-burned-calculator

Our Sport & Outdoor products encourage exercise, so we are in a unique position to lead the fight against obesity which we have been doing with our healthy lifestyle messages for some years. With Obesity in Australia still on the increase we will continue to help with awareness campaigns to help fight it.



**Home Grown Brands
AUSTRALIA**
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Snorkel Kilojoule Burn



Snorkelling Helps Improve

- ☒ Aerobic Exercise
- ☒ Coordination
- ☒ Burning Kilojoules
- ☒ Endurance
- ☒ Core Strength
- ☒ Balance
- ☒ Core Strength

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YouTube

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www.youtube.com/user/landandseasports

* Exercise kilojoules burned per hour

| Weight | 60 kg | 85 kg |
|-------------|---------|---------|
| Snorkelling | 1412 kj | 1712 kj |

Activity Rating*

| | | |
|--------------|-------|--|
| Aerobic: | ★★★★☆ | Base on Male 18 Years Height 170cm |
| Strength: | ★★★★☆ | |
| Flexibility: | ★★★★☆ | |

Benefits:

Cardiovascular fitness – Great aerobic exercise.

Where heart and lung capacity gently increasing oxygen to the muscles

Strength – As with swimming all muscles benefit particularly the legs.

Low Impact Good for joints as very low impact activity.



Skateboarding

Kilojoule Burn



* Exercise kilojoules burned per hour

| Weight | 60 kg | 85 kg |
|---------------|---------|---------|
| SkateBoarding | 1412 kj | 1712 kj |

Activity Rating*

Aerobic: ★★★★★☆☆

Strength: ★★★★★☆☆

Flexibility: ★★★★★☆☆

Base on Male
18 Years
Height 170cm

Benefits:

Cardiovascular fitness – Heart & lungs will increase capacity to send oxygen to the muscles

Leg and core strength – Pushing hard with legs and continual shifting for balance create core muscle strength



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BodyBoarding

Kilojoule Burn



Exercise, Coordination & Fun
Outdoor Activities
For A Healthier Community

BodyBoarding Helps Improve

- ✓ Balance
- ✓ Core Strength
- ✓ Endurance
- ✓ Coordination
- ✓ Burning Kilojoules
- ✓ Weight Loss
- ✓ Aerobic Exercise

* Exercise kilojoules burned per hour

| | | |
|--------------|--------|---------|
| Weight | 60 kg | 85 kg |
| BodyBoarding | 847 kj | 1027 kj |

Activity Rating*

Aerobic: ★★★★★☆

Strength: ★★★★★☆

Flexibility: ★★★★★☆

Base on Male
18 Years
Height 170cm

Benefits:

Cardiovascular fitness – paddling out past the break and onto the waves will keep you breathing hard.

Shoulder and back strength – these muscles will strengthen from all that paddling.

Leg and core strength – Strong legs and continual adjusting for balance helps create a strong core

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Redback
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Swimming

Kilojoule Burn



Swimming Helps Improve

- ✓ Endurance
- ✓ Aerobic Exercises
- ✓ Core Strength
- ✓ Burning Kilojoules
- ✓ Weight Loss
- ✓ Coordination
- ✓ Balance

* Exercise kilojoules burned per hour

| Weight | 60 kg | 85 kg |
|-------------------|--------|--------|
| Swimming | | |
| Freestyle Fast | 2826kj | 3424kj |
| Breaststroke slow | 2826kj | 3424kj |

Activity Rating*

Aerobic: ★★★★★△
 Strength: ★★★★★△
 Flexibility: ★★★★★△△

Base on Male
 18 Years
 Height 170cm

Benefits:

Cardiovascular fitness – Can be aerobic if swimming slowly or if doing fast laps anaerobic exercise. Where heart and lung capacity need a large output in a short period to provide oxygen to the muscles

Strength – All muscles benefit. Different strokes benefit different groups of muscles. eg.: Freestyle mainly the legs

Low Impact - Good for joints as very low impact

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Scuba

Kilojoule Burn



Scuba Diving Helps Improve

- ✓ Coordination
 - ✓ Burning Kilojoules
 - ✓ Weight Loss
 - ✓ Endurance
 - ✓ Aerobic Exercise
 - ✓ Balance
- Core Strength**



* Exercise kilojoules burned per hour

| Weight | 60 kg | 85 kg |
|--------------|---------|---------|
| Scuba Diving | 1980 kj | 2399 kj |

Activity Rating*

| | | |
|--------------|--------|--------------------------|
| Aerobic: | ★★★★☆☆ | Base on Male 18 Years |
| Strength: | ★★★★☆☆ | Height 170cm |
| Flexibility: | ★★★★☆☆ | |

Benefits:

Cardiovascular fitness – Great aerobic exercise. Where heart and lung capacity gently increasing oxygen to the muscles

Strength – As with swimming all muscles benefit particularly the legs.

Low Impact Good for joints as very low impact activity.

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Spearfishing

Kilojoule Burn



* Exercise kilojoules burned per hour

| Weight | 60 kg | 85 kg |
|--------------|--------|--------|
| Spearfishing | 1757kj | 2489kj |

Activity Rating*

Anaerobic: ★★★★★△

Strength: ★★★★★△

Flexibility: ★★★★★△

Base on Male
18 Years
Height 170cm

Benefits:

Cardiovascular fitness – Great anaerobic exercise.

Where heart and lung capacity need a large output in a short period to provide oxygen to the muscles

Strength – As with swimming all muscles benefit particularly the legs.

Low Impact - Good for joints as very low impact activity.



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Paddle Boarding Kilojoule Burn



Paddle boarding Helps Improve

- ✓ Balance
- ✓ Core Strength
- ✓ Coordination
- ✓ Endurance
- ✓ Aerobic Exercise
- ✓ Burning Kilojoules
- ✓ Weight Loss

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* Exercise kilojoules burned per hour

| | | |
|-----------------|--------|---------|
| Weight | 60 kg | 85 kg |
| Paddle boarding | 847 kj | 1027 kj |

Activity Rating*

Aerobic: ★★★★★☆

Strength: ★★★★★☆

Flexibility: ★★★★★☆

Base on Male
18 Years

Height 170cm

Moderate paddling

Benefits:

Cardiovascular fitness – Can be aerobic if slowly over lakes or an Anaerobic exercise if surfing an ocean break where heart and lung capacity need a large output in a short period to provide oxygen to the muscles

Strength – All muscles benefit. Building core strength.

Low Impact - Reaching is good for joints as well as being a relative low impact activity.



Scooterling

Kilojoule Burn



Scooterling Helps Improve

- ✓ Balance
- ✓ Coordination
- ✓ Aerobic Exercise
- ✓ Endurance
- ✓ Weight Loss
- ✓ Burning Kilojoules
- ✓ Core Strength

* Exercise kilojoules burned per hour

| Weight | 60 kg | 85 kg |
|-------------|---------|---------|
| Scooterling | 1412 kj | 1712 kj |

Activity Rating*

| | | |
|--------------|--------|--|
| Aerobic: | ★★★★☆☆ | Base on Male 18 Years Height 170cm |
| Strength: | ★★★★☆☆ | |
| Flexibility: | ★★★★☆☆ | |

Benefits:

Cardiovascular fitness – Heart & lungs will increase capacity to send oxygen to the muscles

Leg and core strength – Pushing hard with legs and continual shifting for balance create core muscle strength

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Surfing Kilojoule Burn



Surfing Helps Improve

- ✓ Balance
- ✓ Core Strength
- ✓ Endurance
- ✓ Coordination
- ✓ Burning Kilojoules
- ✓ Weight Loss
- ✓ Aerobic Exercise



* Exercise kilojoules burned per hour

| | | |
|---------|--------|---------|
| Weight | 60 kg | 85 kg |
| Surfing | 847 kj | 1027 kj |

Activity Rating*

Aerobic: ★★★★★☆

Strength: ★★★★★☆

Flexibility: ★★★★★☆

Base on Male
18 Years
Height 170cm

Benefits:

Cardiovascular fitness – paddling out past the break and onto the waves will keep you breathing hard.

Shoulder and back strength – these muscles will strengthen from all that paddling.

Leg and core strength – Strong legs and continual adjusting for balance helps create a strong core



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