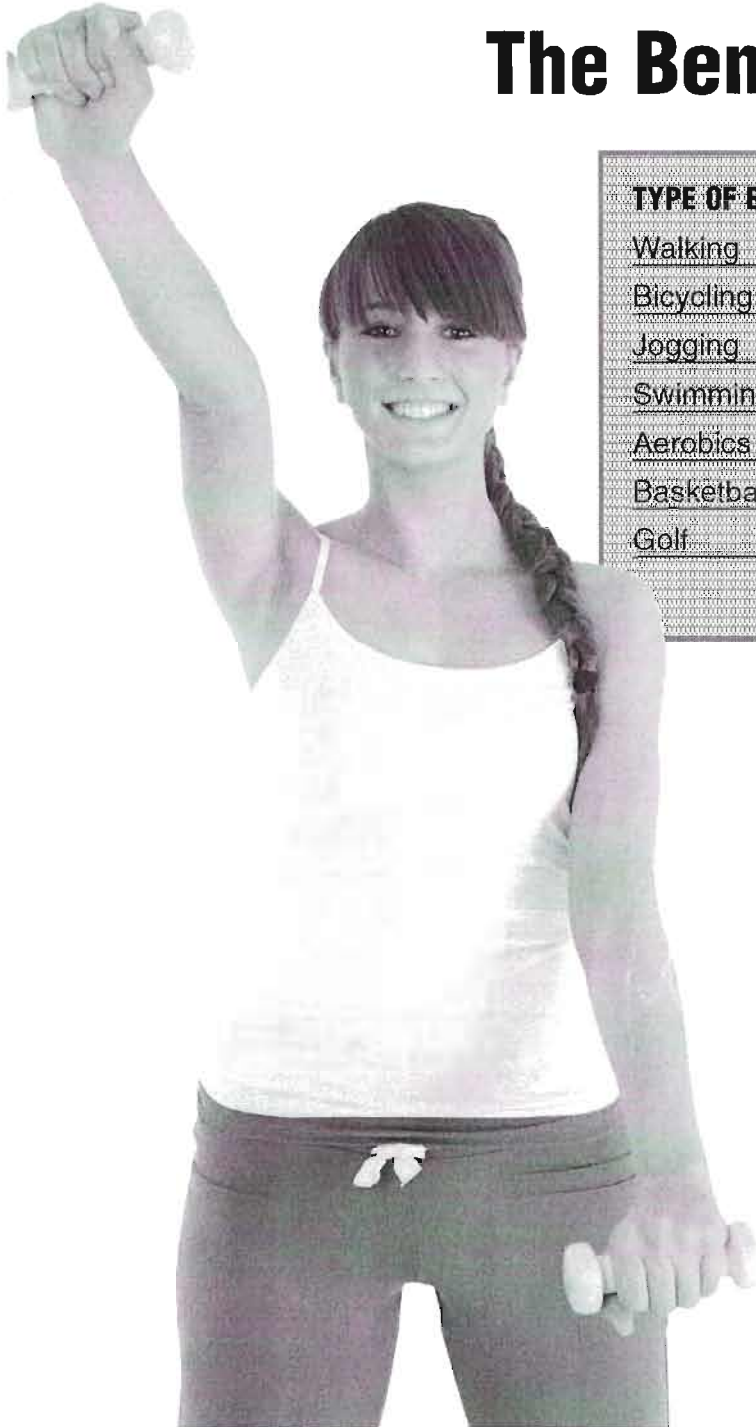




The Benefits of Exercise



TYPE OF EXERCISE	CALORIES/HOUR
Walking	280 (3.5 mph)
Bicycling	290 (10 mph)
Jogging	590 (5 mph)
Swimming	510 (laps)
Aerobics	480 (mod. intensity)
Basketball	440
Golf	330 (carrying clubs)

