

Exercise to Counteract the Kilojoules



This fact sheet is one in a series developed for cancer survivors who have finished active treatment. Eating well and maintaining a healthy weight may help lower the chances of some cancers returning and improve overall health.

Exercising regularly will help you lose weight or maintain a healthy weight. It also improves your fitness, mood and stress levels.

Eating for energy

Everything you eat provides the body with energy. This energy is measured in kilojoules (or calories) and allows our bodies to function. Different foods provide different quantities of kilojoules. High-fat or high-sugar foods have high amounts of kilojoules.

How many kilojoules should I eat?

People need different amounts of energy depending on their age, sex, build and other factors such as whether they are pregnant, breast-feeding or ill. The table shows how many kilojoules are needed for adults to maintain a healthy weight.

Women	Age	Kilojoules per day
	19-30	7,100-13,900
	31-50	7,300-12,500
	51-70	6,900-12,000
	70+	5,600-11,500
Men	Age	Kilojoules per day
	19-30	9,000-16,900
	31-50	8,900-15,800
	51-70	8,200-14,700
	70+	6,300-13,500

Table adapted from Department of Health and Ageing – www.health.gov.au

Burning off the kilojoules

When the amount of kilojoules you eat is equal to the amount of energy you use in a day, your weight remains fairly steady. However, if you frequently eat high-kilojoule foods without burning it off through your day-to-day activities or exercise, you are likely to put on weight and find it hard to take off.

The number of kilojoules you use up during exercise depends on your weight, how long you exercise for and the intensity. The following is based on a person weighing about 80 kg who exercises for 30 minutes.

Aerobics – 850 kJ	Jumping rope – 2100 kJ
Bowling – 405 kJ	Swimming (slow) – 700 kJ
Cycling – 920 kJ	Tennis – 600 kJ
Dancing – 740 kJ	Walking (slow) – 440 kJ
Jogging – 1364 kJ	Walking (brisk) – 740 kJ

So...when you eat a treat, what do you have to do to burn it off?

- 1 slice of pizza = gardening for 30 minutes
- slim piece of chocolate cake = dancing for 1 hour
- 1 can of cola = walking for 2 hours
- 60 g chocolate bar = dusting for 1 hour
- meat pie = ironing for 30 minutes
- 1 oreo = squash for 30 minutes
- fried fish = running for 30 minutes
- 2 pieces of fried bacon = tennis for 30 minutes
- small tub of ice-cream = football for 30 minutes
- large takeaway hamburger = cricket for 1 hour
- large chicken burger = aerobics for 30 minutes
- 1 chocolate brownie = cycling for 1 hour

This fact sheet provides general information only and is not a substitute for individual health advice. You should talk to your doctor or dietitian about your specific situation.

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