



Cycling, the ideal way to get fit and lose weight

Comparison of Cycling with other activities

But weight, there is more!

Did you know that to maintain good health, Australian adults should get moderate physical activity (that makes you huff and puff a bit) for at least 30 minutes per day on most, if not all, days of the week?

To lose weight this needs to increase to at least 60 minutes per day and may need to be combined with a

calorie controlled diet to achieve a negative energy balance, that is when more energy is expended than consumed.

The choice of activity will depend on personal interest, level of fitness, level of impact and so on. Also, some people may wish to combine their activity with travel by, say, walking to the shops or cycling to work.

The chart below is designed to help you assess those choices.

TYPICAL ACTIVITIES	CALORIES USED/MIN (70 K/g person)	BODY IMPACT	SPEED OF TRAVEL	CARDIOVASCULAR FITNESS	BENEFITS
Jogging	10.2	High	5 -10km/h	Medium/High	Good for weight loss, hard on knees & back
Walking	4.2	Low	4.8km/h	Low	Low impact, not optimal for weight loss, useful, can substitute car trips up to 3km
Swimming (Laps at a moderate pace)	10.8	Very low	N/A	Medium/High	Not optimal for weight loss, very low impact, great aerobic fitness
CYCLING Exercise	9.6	Low	20 km/h	Medium	Weight loss Low impact Aerobic fitness Can be a substitute for car trips of up to 20km Can save money and time
CYCLING Racing or Leisure	12	Low	24 km/h	High/Vigorous	
CYCLING Training/Racing (no drafting)	19.2	Low	>32km/h	High/Vigorous	
CYCLING (Stationary Bike)	8.4	Low	150 watts	Moderate	Low impact, aerobic fitness
Contact sport (eg: Rugby)	12	High	N/A	High	Good all round fitness, chance of injury dependant on the sport
Other (eg: Tennis)	8.4	Medium	N/A	Medium/High	Good all round fitness. Social activity which enhances motor coordination

Source: R. Greig; Cycling Promotion Fund; the School of Human Movement, University of Western Australia. December 2006

