

A large elephant seal is the central focus, resting on a beach of grey and blue pebbles. The seal's head is turned towards the camera, showing its characteristic wrinkled, brownish skin and a small white patch on its snout. Its large, dark eyes are prominent. The background is a vast expanse of similar pebbles, creating a textured, repetitive pattern. The lighting is natural, highlighting the seal's features against the rocky ground.

**Move more.**

RBH Staff Photo - Antarctica

**RBH CollectCards™**

## When it comes to activity, the more the better.

Most of us struggle to exercise enough. But for nearly everyone, the risks of not exercising outweigh the risks of exercise.

**Choose to Move:** Burning up to 2,000 calories per week is a healthy goal.

Activity	Calories per hour*
Biking (5½ mph / 10 mph)	210 / 415
Walking (2½ mph / 4 mph)	210 / 300
Gardening	210
Golf	250
Swimming / Walking (4 mph)	300
Tennis (doubles / singles)	300 / 420
Aerobics	445
Jogging	585
Running (8½ mph)	700
X-country skiing	900

\*Based on average calories burned per hour by a 150-pound person.



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