

Sports rated

TOP 10 HEALTHIEST SPORTS - FORBES'

Ratings are 1 to 5 with 5 being the healthiest

	SQUASH	ROWING	ROCK CLIMBING	SWIMMING	CROSS COUNTRY SKIING	BASKETBALL	CYCLING	RUNNING	MODERN PENTATHLON	BOXING
Cardiorespiratory endurance	4.5	5	1	4.75	5	4	5	5	4.5	3.5
Muscular strength	3	4	5	3	3.5	3	3	3	3	3
Muscular endurance	5	5	4	5	5	5	5	4	5	5
Flexibility	3	3	5	3	3	4	4	1.5	3	2
Calories burned (30 minutes)	5 (517)	2 (302)	5 (475)	2 (345)	2 (345)	2 (302)	4 (431)	4 (431)	1 (264)	2 (302)
Injury/risk	2	3	2	3	2	1	1	1	2	2
TOTAL	22.5	22	22	20.75	20.5	19	19	18.5	18.5	17.5



BEST

GOOD