

model body as solid cylinder
 uniform solid cylinder
 around vertical axis:
 $I = \frac{1}{2}MR^2$

take $M = 70 \text{ kg}$ ($\sim 140 \text{ lb}$)
 $R = 20 \text{ cm} = 0.20 \text{ m}$

then $I = \frac{1}{2}(70 \text{ kg})(0.20 \text{ m})^2 = 1.4 \text{ kg}\cdot\text{m}^2$

order of magnitude: $1 \text{ kg}\cdot\text{m}^2 (= 10^0 \text{ kg}\cdot\text{m}^2)$

