

Calories

Calories Burned while exercising

Step Aerobics Calories burned during time period

Step Height	1 min	10 min	30 min
4 inches		4.5	45 135
6 inches		5.5	55 165
8 inches		6.4	64 192
10 inches		7.2	72 216

Calories

10 minutes of Activity	Various Activities Burned			
	Calories burned during 10 minutes	125 lbs	150 lbs	175 lbs
Aerobics	95	115	134	
Gardening	41	49	57	
Raquetball	75	90	105	
Running	109	131	153	
Shopping	35	42	49	
Sitting	10	12	14	
Sleeping	10	12	14	
Standing (light activity)	20	24	28	
Volleyball	28	34	40	
Walking (15 min/mile)	44	52	61	
Walking upstairs	150	175	202	

Calories

200 lbs
153
65
120
174
56
16
16
32
45
70
229

Calculate

Calculating Target Heart Rate

Enter your age:

Enter your resting heart rate

Desired intensity %

Calculating Percent Body Fat

Enter your age:

Gender

Enter your weight (lb)

Enter your waist size (inches)

Calculating Body Mass Index (BMI)

Enter your weight (lb)

Enter your height feet

 inches