

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