

# THE POWER RING: IS IT WORTH IT?

255 Calories



**30+ minutes**  
of low-impact aerobics

or

**30+ minutes**  
on stair-stepper machine

or

**30+ minutes**  
of vigorous weight lifting

or

**30 minutes**  
on a stationary bike

or

**30 minutes**  
of high-impact aerobics

30 minutes



## HOW MUCH EXERCISE DO YOU HAVE PLANNED TODAY?

Source: <https://www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm>  
Estimated calories and exercise time based on 155-pound individual.



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