

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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