

Download Jogging, Aerobics And Diet

Energy expended or calories burned during exercise is influenced by body weight, workout intensity, conditioning level and metabolism. The table below lists the calories burned by doing dozens of activities listed by category (such as gym activities, training and sports activities, home repair etc.) for 30 minutes. You can burn 145-380 calories in 30 minutes of water aerobics. It depends on how much you weigh, how hard you work, and how long you exercise. Below is an estimate of how many calories you can burn during 30 minutes of water aerobics. Aerobic exercise (also known as cardio) is physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process. "Aerobic" means "relating to, involving, or requiring free oxygen", and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism. Generally, light-to ...