



BURNING CALORIES

Calories fuel us, but sometimes we need to burn extra calories off.

Materials

1 small piece of candy
Calculator
Timer



Procedure

- Figure out how many calories are in your piece of candy by dividing the number of calories by the number of pieces of candy in the serving size.
- Once you've solved that, multiply the number of calories in the single piece of candy by ten to determine how many seconds you have to run in place.
- Using the timer, run in place for that number of seconds.

Results

This is roughly the amount of exercise that is required to use up the calories in your piece of candy by jogging in place. Different types of exercise use up different amounts of calories, but the more activity we engage in, the more calories we burn.

Why?

While some calories are used up by the basic functions of our bodies, like breathing and the pumping of our hearts, any excess calories can be used by movement and exercise. By knowing how many calories you are burning during exercise, you can prevent your body from storing any excess.