IS IT WORTH IT?



30 minutes

of high-impact step aerobics

30 minutes on a ski machine

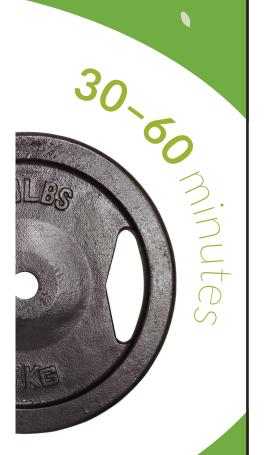
30 minutes

of moderate calisthenics

45+ minutes

of vigorous weight lifting

60+ minutes of water aerobics



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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