

EXERCISE NOT ONLY ON-LINE

Test a random, chosen programme which monitors physical activity (e.g. endomondo, my fitness pall). Then note in the following table (2nd column) how many calories you will burn off by doing a given activity and compare the results with a chosen on-line calculator (e.g. www.nutriadiary.com, www.sparklepeople.com). Note the results in the table (3rd column). Evaluate the credibility of your programme using the 1-5 scale (4th column).

An example:


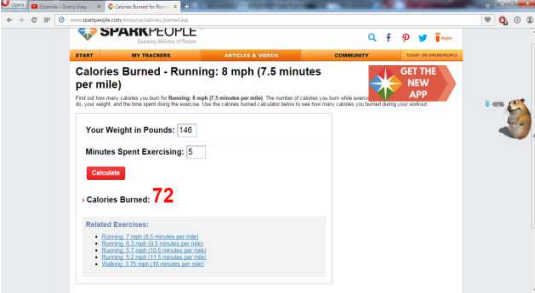
Activity	Endomondo result	www.sparkpeople.com result	Evaluation of the credibility
Running 5 min			5

Table:

Activity	Burnt off calories (write the name of the programme used)	Burnt off calories (write the name of the website)	Evaluation 1-5
1	2	3	4
Walking 5 min			
Dancing 5 min			
Aerobics 5 min			
Fitness walking 5min			
Gymnastics 5 min			
Running 5 min			

Based on the written evaluation, answer the question: Are the activity programmes useful and why?