

Dance Off Your Calories!

Use this dance calculator to see how many calories you burn while moving to your favorite dances!

Go to: <http://www.self.com/calculator?calculators=dancing&view=calorieburned>

Calories-Burned Calculator

How many calories did you burn?

Whether you want to know which exercise blasts the most calories or how much your workouts contribute to your weight loss goal, our activity calculator can help. Fill in the information below and click Calculate. A good rule of thumb: The more intense the workout, the more calories you'll burn (although you may not be able to sustain that intensity as long).

Not for use by pregnant women

Dancing

Dancing

Weight: pounds kilograms

Duration: minutes

Ballet Ballroom (fast) Ballroom (slow) Belly Flamenco
 Hula Jazz Line Modern Salsa/Latin Social Swing
 Tango Tap Waltz

CALCULATE

Use the above calorie calculator to see how much dancing you will have to do in order to burn off your favorite treats!

2 slices of a medium sized cheese pizza	560 calories
1 multigrain bagel	350 calories
1 medium order of fries	420 calories
1 cobb salad with vinaigrette dressing	713 calories
1 chewy granola bar	140 calories
6 oz flavored latte with skim	900 calories
½ cup of Ben & Jerry's vanilla ice cream	230 calories
½ cup of lemon ice	105 calories
1 cup of fresh watermelon	46 calories
1 cup of cantaloupe melon balls	60 calories