



**CALIFORNIA STATE SCIENCE FAIR
2011 PROJECT SUMMARY**

Name(s) Daniel E. Aguilar	Project Number S1201
Project Title Analysis of Caloric Usage and Cardiac Output Using a Variety of Exercises	
Abstract Objectives/Goals The goal was to discover a quick, convenient way to burn calories to have a healthy lifestyle by evaluating the burning of calories through 5 different exercises. Methods/Materials The materials used were a stop watch, a journal, and a human subject. The methods used were to: 1) take a resting heart rate; 2) do the exercise; 3) take heart rate again; 4) continue until all five exercises were completed. Results Each exercise showed a different amount of burned calories. Some were greater than others. Conclusions/Discussion In the end, the exercise that burned the most calories was jumping jacks. When done for a longer amount of time it will show even greater results.	
Summary Statement To determine if the more strenuous the exercise, the greater the amount of calories can be burned.	
Help Received My friend performed the exercises for me.	