

### Calorie calculation in the swopper FIT app

It has been scientifically proven that **swopping** is comparable to strolling. This applies also to the energy expenditure achieved. The calorie calculation in our new **swopper** FIT app is based on these findings by Dr. Dieter Breithecker, the Head of the Federal Institute on the Development of Posture and Exercise in Germany.

For the app to be able to measure the energy expenditure, you must first enter your personal data like age, gender, height and weight. This is the basic information required for you to use the various functions of the app.

The **Calorie Calculator** indicates the energy expenditure for everyday **swopping** in a designated time period. Here we take the standard MET value for strolling. This is a MET value of minimum 1.5.

**Note:** The MET unit (Metabolic Equivalent) is a measure of how intense an activity is and thus permits the intensity of separate activities to be compared.

The **Workout** is a 2.5-minute fitness exercise on the **swopper**. The integrated accelerometer (motion sensor) in your iPhone determines your movements during the exercise. Since this feature is only available on the iPhone 4s and later versions, so too the app can only run on this and later versions. The MET value is determined on the basis of the motion data acquired. If you are very active during the exercise, you can attain a maximum MET value of 6. If you only move moderately, you will probably have a MET value of minimum 1.5. This MET value is then put into a standard calorie formula along with your personal data to calculate the calories burned and this is then extrapolated to an hourly value.

**Note:** The calorie data in the app always refers to the active metabolic rate achieved beyond the basal metabolic rate the body has daily when completely at rest.