How Does My Reebok Smartwatch Estimate Calories Burned?

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Calories burned refers to an estimate of the energy the body uses throughout the day and during physical activity.

A calorie is a unit of energy. The body uses energy to maintain basic functions such as breathing and circulation, as well as to support movement and exercise.

Smartwatches use sensor information and software calculations to estimate energy expenditure.

How Are Calories Estimated?

Depending on the model and available information, the estimate may take several factors into account, including:

- Age.
- Height and weight.
- Movement and activity levels.
- Heart rate measurements.
- Duration and intensity of recorded activities.

The watch processes available information through algorithms to estimate how much energy the body has used.

What Is the Difference Between Active and Resting Calories?

Resting calories represent the energy the body uses to maintain basic functions while at rest.

Active calories represent the additional energy estimated to have been used through movement and physical activity.

Total calories may combine resting and active energy expenditure, depending on how the information is presented by the device or app.

Why Are Calorie Readings Estimates?

A smartwatch does not directly measure the body's energy expenditure. It calculates an estimate using available sensor data and personal information.

Actual energy expenditure varies between individuals, even when they perform the same activity. For this reason, calorie readings should be treated as approximate values rather than exact measurements.