

# Science proves to want to burn fast calories watch horror movies

Science proves that a horror movie will consume calories equivalent to 30 minutes of jogging.

1. 4 "anti-scientific" weight loss tips can make you fat
2. "The price" pay behind every familiar snack
3. Do you know how fat the moon cake is?

You want to lose weight, want to burn calories loaded in your body quickly without having to practice much, nor need to abstain from your favorite foods? So you can watch a horror movie.

Watching a horror movie can help you consume significant calories, from 100 to 200 calories, equivalent to 30 minutes of running. This has been proven by scientists from Westminster University.



To this conclusion, experts at Westminster University have chosen 10 people to participate in this exciting experiment. When giving these people to follow a horror movie. Experts tracked heart rate, oxygen and carbon dioxide to calculate energy that had been 'burned' while watching movies.

The resulting results surprised the experts, compared to sitting in front of a black TV screen in the dark, when they watched horror movies, each average person burned their calories three times more. normal.



After watching a 90-minute episode, each person spent a total of 113 calories, equivalent to the calories you burned in 30 minutes of running.

Researchers have explained this problem, horror films give viewers a thrilling, suspenseful situation and startling tingles, ghostly scenes that suddenly make a beat Our hearts increase faster than usual.

The reason that horror movies increase the process of calorie consumption is due to a sharp increase in heart rate. When the heart rate is strong, the blood pumps the body faster, the more adrenaline produced by the adrenal glands.



If more and more horror movies are seen, these films have a lot of scary scenes, the stronger the activation process of adrenaline, it even works to reduce appetite, speed up the basic metabolism (BMR ) and increase the frequency of calorie burning.

According to Helen Cowley at LOVEFiLM, watching horror movies gives us a lot of different emotions, like, curious, fearful, adventurous . These emotions help our bodies transform stronger than when you're running exercise.



To try the strong feeling and reduce the calories, you can check out the 10 horror movies below.

1. The Shining - 184 calories
2. Jaws (shark jaw) - 161 calories
3. The Exorcist - 158 calories
4. Alien (Alien) - 152 calories
5. Saw (Saw blade) - 133 calories
6. A Nightmare on Elm Street - 118 calories
7. Paranormal Activity - 111 calories
8. The Blair Witch Project - 105 calories
9. Texas Chain Saw Massacre (Texas sawing massacre) - 107 calories
10. Rec (Bloody rotation angle) - 101 calories

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