

# WORKING OFF THE CALORIES

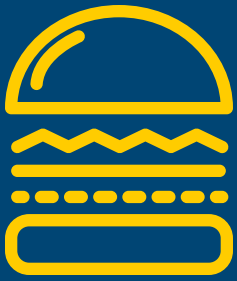
HOW MUCH EXERCISE DOES IT TAKE TO BURN OFF YOUR FAVORITE JUNK FOODS ?

To maintain a healthy weight men need 2500 calories and women need 2000 calories.

Average Man  
5'7"  
195 lbs

Average Woman  
5'3"  
168 lbs

Individual calorie needs depend on age, gender, activity level



**BIG MAC**  
540  
CALORIES

50  
MINUTES  
RUNNING

65  
MINUTES  
RUNNING



**BEER 24OZ**  
290  
CALORIES

60  
MINUTES  
WALKING

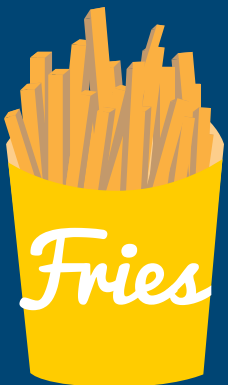
65  
MINUTES  
WALKING



**FRAPPUCCINO**  
16OZ  
430  
CALORIES

60  
MINUTES  
BIKING

70  
MINUTES  
BIKING



**LARGE FRIES**  
510  
CALORIES

65  
MINUTES  
SWIMMING

85  
MINUTES  
SWIMMING



**HOT DOG WITH BUN**  
430  
CALORIES

55  
MINUTES  
PLAYING  
BASKETBALL

60  
MINUTES  
PLAYING  
BASKETBALL



**Re-think your plate!**