

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

58
MINUTES
RUNNING



BEER 24OZ
290
CALORIES

29
MINUTES
RUNNING

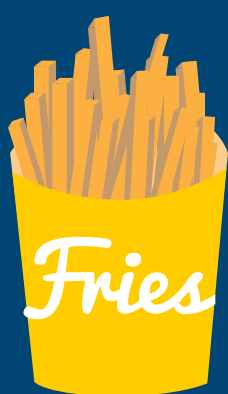
32
MINUTES
RUNNING



FRAPPUCCINO
16OZ
430
CALORIES

42
MINUTES
RUNNING

47
MINUTES
RUNNING



LARGE FRIES
510
CALORIES

50
MINUTES
RUNNING

55
MINUTES
RUNNING



HOT DOG WITH BUN
430
CALORIES

42
MINUTES
RUNNING

47
MINUTES
RUNNING



Re-think your plate!