

WORKING OFF THE CALORIES

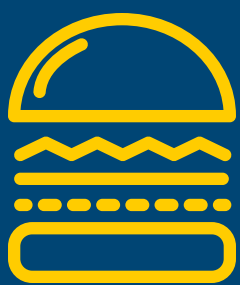
HOW MUCH EXERCISE DOES IT TAKE TO BURN OFF YOUR FAVORITE JUNK FOODS ?

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

82
MINUTES
BIKING

90
MINUTES
BIKING



BEER 24OZ
290
CALORIES

45
MINUTES
BIKING

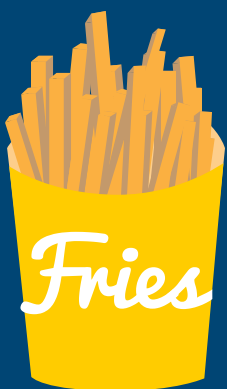
48
MINUTES
BIKING



FRAPPUCCINO
16OZ
430
CALORIES

60
MINUTES
BIKING

70
MINUTES
BIKING



LARGE FRIES
510
CALORIES

78
MINUTES
BIKING

85
MINUTES
BIKING



HOT DOG WITH BUN
430
CALORIES

60
MINUTES
BIKING

70
MINUTES
BIKING



Re-think your plate!