

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

65
MINUTES
PLAYING
BASKETBALL

80
MINUTES
PLAYING
BASKETBALL



BEER 24OZ
290
CALORIES

35
MINUTES
PLAYING
BASKETBALL

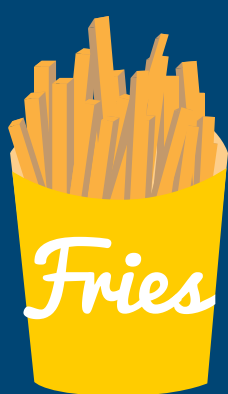
45
MINUTES
PLAYING
BASKETBALL



FRAPPUCCINO
16OZ
430
CALORIES

55
MINUTES
PLAYING
BASKETBALL

65
MINUTES
PLAYING
BASKETBALL



LARGE FRIES
510
CALORIES

60
MINUTES
PLAYING
BASKETBALL

75
MINUTES
PLAYING
BASKETBALL



HOT DOG WITH BUN
430
CALORIES

55
MINUTES
PLAYING
BASKETBALL

65
MINUTES
PLAYING
BASKETBALL



Re-think your plate!