

THINK BEFORE YOU EAT

IF YOU CONSUME



YOU HAVE TO DO



**Glazed yeast
doughnut**
(242 calories)



**88 minutes of
crunches**



**Cheeseburger
and Fries**
(691 calories)



**141 minutes on
the elliptical**



**Fried Chicken
Breast**
(444 calories)



**65 minutes on a
stationary bike**



**Slice of
Cheesecake**
(710 calories)



**148 minutes of
brisk walking**



Milkshake
(780 calories)



**72 minutes of
jumping rope**



**Two Slices
Pepperoni Pizza**
(626 calories)



**159 minutes of
climbing stairs**



**Chicken
Burrito**
(1,175 calories)



**122 minutes
of running**



**Chips and
Queso**
(740 calories)



**130 minutes
of swimming**



**16-Ounce
Frappuccino**
(500 calories)



**170 minutes
of Pilates**



21-Ounce Soda
(200 calories)



**54 minutes
of lunges**

*Calories calculated based on average amount burned for a 130-pound woman.

Sources: Compendium of Physical Activities; USDA National Nutrient Database for Standard Reference; Nutrition Information From Chipotle Mexican Grill, Friendly's, Kentucky Fried Chicken, McDonald's.

Women'sHealth