

Fun Fact of the Week

EXERCISE OFFSETS CALORIES

Physical activity needed to “undo” the following foods
(approximate calories for a person weighing 154 lbs.):



**McDonald's
Big Mac**
550 CALORIES
Run 5 mph
for one hour



16-oz. Coca-Cola
140 CALORIES
Walk 3.5 mph
for 30 minutes



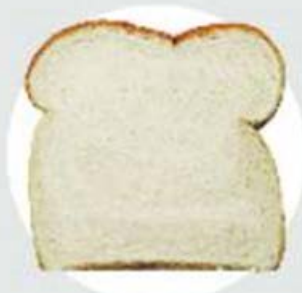
**16-oz. Starbucks
Salted Caramel
Mocha**
330 CALORIES
Dance for an hour



**6-oz. sirloin
steak**
480 CALORIES
Do aerobics
for an hour



1 cooked egg
90 CALORIES
Stretch for
30 minutes



**1 slice of
white bread**
65 CALORIES
Bicycle (<10 mph)
for 15 minutes



**1 oz. of milk
chocolate**
145 CALORIES
Run 5 mph
for 15 minutes



**1 glazed
doughnut**
235 CALORIES
Swim for
30 minutes

Sources: Centers for Disease Control and Prevention, mcdonalds.com, starbucks.com and caloriecountercharts.com



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