

## 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



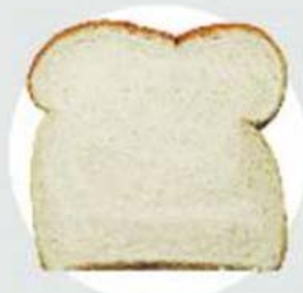
**16-oz. Starbucks  
Salted Caramel  
Mocha**  
330 CALORIES  
Dance for an hour



**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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