

Fun Fact of the Week

Did you enjoy the Super Bowl? Did you eat too much?
Check out this guide for burning some of the calories that you may have consumed on Super Bowl Sunday!



EAT THIS, DO THAT

One Sheet

IF YOU
CONSUME

YOU HAVE
TO DO

Glazed Yeast Donut
(242 calories)



88 Minutes of
Crunches

Chips & Queso
(740 calories)



130 Minutes of
Swimming

Milkshake
(780 calories)



72 Minutes of
Jumping Rope

Cheeseburger & Fries
(691 calories)



141 Minutes on
the Elliptical

Slice of Cheesecake
(710 calories)



148 Minutes of
Brisk Walking

21-Ounce Soda
(200 calories)



54 Minutes of
Lunges

2 Slices Pepperoni Pizza
(626 calories)



159 Minutes of
Climbing Stairs