

How Much Exercise Does It Take to Burn Off Those Thanksgiving Day Calories?

6 OUNCES
OF TURKEY
340 CALORIES



TURKEY TROT 5K
30 MINUTE RUN



MASHED POTATOES
& GRAVY
300 CALORIES



BURPEES
60 SETS OF
10 BURPEES



HALF CUP
OF STUFFING
180 CALORIES



PILATES
30 MINUTES



CRANBERRY
SAUCE
150 CALORIES



STAIRMASTER
(MODERATE)
20 MINUTES



ROLL WITH
BUTTER
180 CALORIES



PUSHUPS
18 SETS OF
20 PUSHUPS



PIECE OF
PUMPKIN PIE
180 CALORIES



ELLIPTICAL TRAINER
(MODERATE)
20 MINUTES



Total=
1330 Calories

ACTIVE



Total=
148 Minutes!