

IS IT WORTH IT?

2 slices/600 calories



45+ minutes
on a stationary bike

or
45+ minutes
of high-impact step aerobics

or
60+ minutes
of playing basketball

or
120 minutes
of walking (3.5 mph)

or
120 minutes
of practicing tai chi

45-120 minutes



HOW MUCH **EXERCISE** DO YOU HAVE PLANNED **TODAY?**

Source: <https://www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm>
Estimated calories and exercise time based on 155-pound individual.



BJA
Bureau of Justice Assistance
U.S. Department of Justice

This project was supported by Grant No. 2016-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



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