IS IT **WORTH** IT?

505 calories

30+ minutes
of running at 8 minutes/mile

or

45 minutes
on an elliptical trainer

or

60+ minutes
of racewalking

or

60+ minutes
of swimming laps

or

90 minutes
of golf (carrying clubs)

30–90 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.

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