

IS IT WORTH IT?



30+ minutes of running at 8 minutes/mile

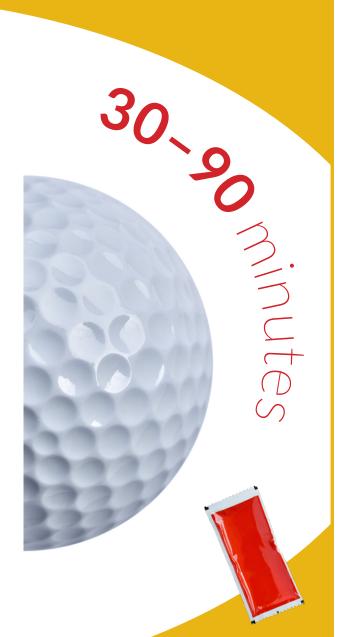
or

45 minutes on an elliptical trainer

60+ minutes of racewalking

60+ minutes of swimming laps

90 minutes of golf (carrying clubs)



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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