

# 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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