

# 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.



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