



Don't Waste Your Workout!

You'll need lots of energy to burn off the calories from this snack.*

* 200 calorie drink and 200 calorie energy bar, 150 lb. person

Walk
5 miles
or 10,000 steps



OR

Exercise
50 minutes
vigorous cardio



OR

Bike
10 miles
pedaling fast



If you recharge with water and fruit or veggies instead, you could save over 100,000 calories per year.



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