



# Walk 2 Burn



Walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness and inflammation, and mental stress.



## Do you want fries with that?

### McDonalds

#### Big Mac and Medium FF

Calories	540 - 380
Fat	29g - 19g
Cholesterol	75mg - 0
Sodium	1040mg - 270mg
Carbohydrates	45g - 48g
Protein	25g - 4g



It will take **180 minutes** of walking to burn off the Big Mac and **120 minutes** for the French fries – **that's 5 hours!!!**

### Chickfila

#### Dix Chicken Sandwich & FF

Calories	590 - 270
Fat	22g - 14g
Cholesterol	70mg - 0
Sodium	1660mg - 125mg
Carbohydrates	41g - 32g
Protein	33g - 3g



It will take **195 minutes** of walking to burn off the Chicken sandwich and **85 minutes** for the FF – that's **over 4 ½ hours!!!**

## Healthier Options

### McDonalds Southwest Grilled Chicken Salad

Calories	290
Fat	8g
Cholesterol	70mg
Sodium	650mg
Carbohydrates	28g
Protein	27g



### Chickfila Southwest Chargrilled Chicken Salad

Calories	290
Fat	8g
Cholesterol	75mg
Sodium	970mg
Carbohydrates	27g
Protein	29g



*90 minutes of walking to burn each salad off!*

## What's in a Drink?

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### Dunkin Donuts Coffee Coolatta 16 oz

Calories	350
Fat	22g
Carbohydrates	40g
Protein	3g



### Starbucks Unicorn Frappuccino 16 oz

Calories	410
Fat	16g
Carbohydrates	62g
Protein	5g



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## Water is Always Best!

