



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!

