



What it takes to Work it off!



- 1/8 or 1 slice pumpkin pie = 4 mile walk (380 Calories)
 - Be sure to add some time if you had whipped cream on top!
- 3/4 cup Green Bean Casserole = 100 push-ups (161 calories)
- 2 pieces of fudge = About 350 crunches (180 calories)
- 1/8 or 1 slice pecan pie = 10K or about 6 mile run (540 calories)
- 1 cup bread stuffing = 23 minutes of jump roping (250 calories)
- 1 cup mashed potatoes + 1/2 cup turkey gravy = 1 hour 15 minutes of general weight lifting (290 calories)
- 3/4 cup Sweet potato marshmallow casserole = 1 hour bicycling (267 calories)
- 2 slices of a honey ham = 45 minutes of jumping jacks (220 Calories)

Remember, exercise is a great way to maintain a healthy weight, keep your blood sugars under control, and great for a healthy heart. Keep moving and motivated through the holiday season!