

Earning Your Treats

So you've changed your lifestyle, eating healthier, getting more exercise, and wondering when you'll be able to have a treat, like a can of beer for example (156 Calories), or a cool mars bar (295 Calories).

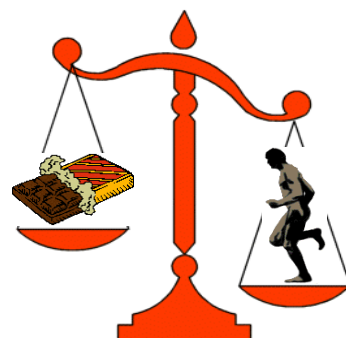
Well, why not think about it this way; how much EXTRA exercise will I have to do to EARN that treat?

Using the table below, select you favourite treat and look across the row to see how much LIGHT, MODERATE, or HEAVY exercise you have to do to earn the treat. The various levels of intensity of exercise are also defined.

Some healthy snack alternatives are also shown (in green). The amount of exercise you need to do to burn off 2kgs and 10kgs of body fat is also shown.

"FOOD"	calories	light exercise (minutes)	moderate exercise (minutes)	heavy exercise (minutes)	
apple - 1 med (150g)	65	16	9	7	minutes
orange (med 230g)	69	17	10	7	minutes
1 slice bread (28g)	70	18	10	7	minutes
1 banana (150g)	87	22	12	9	minutes
1 potato (med 150g)	105	26	15	11	minutes
ice cream 2 scoops (64g)	122	31	17	12	minutes
1 sausage, thin, fried	130	33	19	13	minutes
1 slice of cake 40g	142	36	20	14	minutes
butter/marg 1Tablespoon	146	37	21	15	minutes
hot chips - 12 (60g)	148	37	21	15	minutes
1 packet of crisps 30g	151	38	22	15	minutes
beer, can - 375ml	156	39	22	16	minutes
coke 375ml	157	39	22	16	minutes
cheese, 40g, full fat	166	42	24	17	minutes
p/hut 4 slices (out of 8) garlic bread	200	50	29	20	minutes
p/hut lasagna 1 serve	260	65	37	26	minutes
p/hut 1 slice large hawian pan pizza	283	71	40	28	minutes
mars bar	295	74	42	30	minutes
p/hut 1 slice large meat lovers pan fried pizza	311	78	44	31	minutes
mc d cheese burger	315	79	45	32	minutes
p/hut 1 slice large super supreme pan pizza	315	79	45	32	minutes
mc d filet O Fish	360	90	51	36	minutes
bacon & egg mcmuffin, mcdonalds	371	93	53	37	minutes
iced coffee, 600ml, half fat	400	100	57	40	minutes
meat pie	408	102	58	41	minutes
bacon double cheese, hungry jacks	450	113	64	45	minutes
mc large french fries	450	113	64	45	minutes
mc chicken burger	460	115	66	46	minutes
big mac, mcdonalds	495	124	71	50	minutes
iced coffee, 600ml, full fat	530	133	76	53	minutes
whopper burger, hungry jacks	550	138	79	55	minutes
mc Oz Burger	565	141	81	57	minutes
mc quarter pounder with cheese	580	145	83	58	minutes
pizza, average, 1/2 medium	600	150	86	60	minutes
hamper corned beef (340g)	657	164	94	66	minutes
beer - 6 pack	936	234	134	94	minutes
2 kgs body fat	15432	3858	2205	1543	minutes
		64	37	26	hours
10 kgs body fat	77160	19290	11023	7716	minutes
		322	184	129	hours

light exercise (4 Cals/min)
<i>slow walking</i>
<i>light cycling</i>
<i>light gardening</i>
<i>housework, cleaning</i>
<i>walking/hunting</i>
moderate exercise (7 Cal/min)
<i>brisk walking</i>
<i>moderate cycling</i>
<i>swimming - crawl</i>
<i>light weight training</i>
<i>tennis singles</i>
<i>football</i>
<i>basket ball</i>
<i>digging for bush tucker</i>
heavy exercise (10 Cal/min)
<i>power walking</i>
<i>vigorous cycling</i>
<i>strenuous swimming</i>



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