

## Walk It Off!

It's **easy** to indulge in summer foods and specialty drinks because of the hot weather and the carefree spirit of summer. However, we underestimate how many calories are in each treat, and how many minutes of walking is needed to burn off that indulgence. Know the facts, and be aware of how long you need to walk in order to maintain your weight. **The following information is estimated for a 150-pound individual and walking at a speed of 11:18 minutes per kilometer.**

Snack	Serving Size	Calories	Minutes of Walking
<p><b>Dairy Queen Oreo Cookies Blizzard (small)</b></p> 	283 g	620 calories	130 minutes
<p><b>Hotdog</b></p> 	150 g	250 calories	53 minutes
<p><b>McDonald's Quarter Pounder with Cheese</b></p> 	171 g	520 calories	109 minutes
<p><b>Beer (Budweiser)</b></p> 	1 can	145 calories	32 minutes

<p><b>Palm Bay Cooler</b></p> 	<p>1 can</p>	<p>226 calories</p>	<p>48 minutes</p>
<p><b>Tim Horton's Iced Cap</b></p> 	<p>515 mL</p>	<p>360 calories</p>	<p>76 minutes</p>
<p><b>Potato Salad</b></p> 	<p>250 g (1 cup)</p>	<p>357 calories</p>	<p>75 minutes</p>
<p><b>McDonald's French Fries (medium)</b></p> 	<p>117 g</p>	<p>350 calories</p>	<p>74 minutes</p>
<p><b>Funnel Cake (with strawberries and ice-cream)</b></p> 	<p>658 g</p>	<p>1606 calories</p>	<p>336 minutes</p>