

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

WHAT DOES IT TAKE TO BURN OFF A CHEESEBURGER

Sooner or later - whether you're at a summertime barbecue or a pub watching the game -- a burger is going to be calling your name. And when there are multiple options for toppings, you're more likely to give in and make that burger a deluxe. If you go for gooey cheese on top (not to mention fries), you may want to know how much it will set you back.

One cheeseburger: 310 calories

Exercise Equivalents:

- **Walking: 94 minutes**
- **Running: 32 minutes**
- **Swimming: 60 minutes**
- **Bicycling: 45 minutes**

All that exercise for one burger?!