HOW LONG DOES IT TAKE TO BURN OFF...

**230 CALORIES**
- **WALK**: 39 MINUTES
- **RUN**: 17 MINUTES
- BETTER CHOICE: No artificial flavors and rich in antioxidants for your skin, hair, nails and body!
- **APPLE**: 120 CALORIES

**250 CALORIES**
- **WALK**: 42 MINUTES
- **RUN**: 29 MINUTES
- BETTER CHOICE: Filled with protein and healthy fats to keep hunger away.
- **NUTS**: 150 CALORIES

**240 CALORIES**
- **WALK**: 40 MINUTES
- **RUN**: 25 MINUTES
- BETTER CHOICE: No high fructose corn syrup and high in whole grains for a nutritious snack.
- **BAR**: 140 CALORIES

**280 CALORIES**
- **WALK**: 44 MINUTES
- **RUN**: 23 MINUTES
- BETTER CHOICE: No partially hydrogenated oils and high in fiber for a healthy tummy.
- **POPcorn**: 130 CALORIES