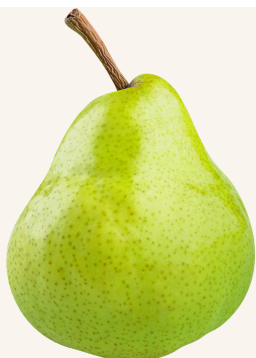


# BURN YOUR EXTRA SNACKS BY WALKING OR CYCLING

CALCULATED FOR A PERSON WEIGHING 75 KG



## PEAR

1 medium-sized pear

51 CAL

Walk 0.68 km or cycle 2.1 km



## APPLE

1 medium-sized apple

61 CAL

Walk 0.81 km or cycle 2.46 km



## BANANA

1 medium-sized banana

98 CAL

Walk 1.31 km or cycle 3.96 km



## MUESLI BAR

1 piece

70 CAL

Walk 0.93 km or cycle 2.83 km



## PROTEIN BAR

1 piece

211 CAL

Walk 2.81 km or cycle 8.53 km



## MARS BAR

1 piece

212 CAL

Walk 2.82 km or cycle 8.57 km



## BOOSTER

500 ml can

245 CAL

Walk 3.27 km or cycle 9.90 km



## DRINKABLE YOGURT

500 ml bottle

310 CAL

Walk 4.13 km or cycle 12.53 km



## COCIO

400 ml bottle

312 CAL

Walk 4.16 km or cycle 12.61 km

### CALCULATE YOURSELF HOW FAR YOU NEED TO WALK OR CYCLE:

WHEN WALKING, YOU BURN: 1 KCAL PER KG OF BODY WEIGHT PER KM WALKED, SO 1 X YOUR BODY WEIGHT X KM WALKED.

WHEN CYCLING, YOU BURN: 0.33 KCAL PER KG OF BODY WEIGHT PER KM CYCLED, SO 0.33 X YOUR BODY WEIGHT X KM CYCLED.