

# **BURN YOUR DRINKS BY STANDING OR WALKING.**

**CALCULATED BASED ON AN 80 KG PERSON.**



## **BLACK COFFEE.**

**25 cl**

**0 CALORIES**

**0 HOURS STANDING**

**0 KM / 0 STEPS**



## **CAFFÉ LATTE**

**25 cl**

**120 CALORIES**

**3 HOUR STANDING**

**1,5 KM / 2250 STEPS**



## **HOT COCOA**

**25 cl**

**150 CALORIES**

**3 HOUR AND 45 MIN STANDING**

**1,9 KM / 2812 STEPS**



## **A CAN OF PEPSI MAX**

**33 cl**

**0,1 CALORIES**

**0 HOURS OF STANDING**

**0 KM/0 STEPS**



## **A CAN OF COLA**

**33 cl**

**139 CALORIES**

**3 HOUR AND 30 MIN STANDING**

**1,7 KM / 2600 STEPS**



## **CHRISTMAS BEER**

**33 cl**

**153 CALORIES**

**3 HOUR AND 30 MIN STANDING**

**1,9 KM / 2850 STEPS**



## **ET GLAS SAFTEVAND**

**33 cl**

**149 CALORIES**

**3 HOUR AND 45 MIN STANDING**

**1,9 KM / 2793 STEPS**



## **BREEZER**

**27,5 cl**

**144 CALORIES**

**3 HOUR AND 35 MIN STANDING**

**1,8 KM / 2700 STEPS**



## **RØDVIN**

**15 cl**

**110 CALORIES**

**2 HOUR AND 45 MIN STANDING**

**1,4 KM / 2062 STEPS**



**OFFICEFIT**  
STAY ACTIVE WHILE WORKING