

# BURN DECEMBER CALORIES BY STANDING OR WALKING. CALCULATED BASED ON A PERSON WEIGHING 80 KG.



## OATMEAL COOKIES

**3 PCS A 20 GRAM**  
**326 CAL**  
**8 HOUR STANDING**  
**4KM / 6100 STEPS**



## PEPPERNUITS 10 PCS

**20 GRAM**  
**94 CAL**  
**2 HOUR AND 20 MIN STANDING**  
**1,2 KM / 1800 STEPS**



## VANILLA WREATHS 5 PCS

**65 GRAM**  
**334 CAL**  
**8 HPUR AND 15 MIN STANDING**  
**4,2 KM/ 6254 STEPS**



## LICORICE CANDY 10 PCS

**40 GRAM**  
**158 CAL**  
**4 HOUR STANDING**  
**2 KM/ 3000 STEPS**



## ANTON BERG MARZIPAN

**40 GRAM**  
**208 CAL**  
**5 HOUR STANDING**  
**2,5 KM / 3900 STEPS**



## 5 CHRISTMAS MARSHMALLOWS

**35 GRAM**  
**124 CAL**  
**3 HOUR STANDING**  
**2,5 KM / 2325 STEPS**



## CHRISTMAS AQUAVIT

**3 CL**  
**75 CAL**  
**2 HOUR STANDING**  
**1 KM / 1500 STEPS**



## PORT WINE

**4 CL**  
**100 CAL**  
**2 HOUR AND 30 MIN STANDING**  
**1,3 M / 1900 STEPS**



## MULLED WINE

**25 CL**  
**300 CAL**  
**7 HOUR AND 30 MIN STANDING**  
**3,5 KM / 5600 STEPS**



**OFFICEFIT**  
STAY ACTIVE WHILE WORKING