

BURN THOSE EXTRA SNACKS BY TAKING A WALK.

BASED ON A PERSON WEIGHING 80 KG.

CALCULATE HOW FAR YOU NEED TO WALK: YOU BURN APPROXIMATELY 1 CALORIE PER KILOGRAM OF BODY WEIGHT, PER KILOMETER YOU WALK.



MINT - READY TO DRINK

20 cl
84 CALORIES
1 KM / 1575 STEPS



DIGESTIVE BISCUITS

1 biscuit 13 grams
61 CALORIES
0.8 KM / 1200 STEPS



ALL-IN-ONE BISCUIT

1 biscuit
74 CALORIES
0,9 KM / 1350 STEPS



AVOCADO

1 piece
276 CALORIES
3,5 KM / 5175 STEPS



RAISINS

100 grams
340 CALORIES
4,3 KM / 6375 STEPS



DARK CHOCOLATE

100 grams
551 CALORIES
6,9 KM / 10331 STEPS



MUESLI BAR

1 piece - 23 grams
95 CALORIES
1,2 KM / 1781 STEPS



DRIED FRUIT/NUTS

100 grams
509 CALORIES
6,4 KM / 9544 STEPS



YOGGI YOGURT

1 pot
185 CALORIES
2,3 KM / 3465 STEPS



OFFICEFIT
STAY ACTIVE WHILE WORKING