

WALK AWAY YOUR SNACK

HOW FAR SHOULD YOU WALK TO BURN OFF YOUR SNACKS AT WORK?
ACCORDING TO THE RULE OF THUMB, YOU BURN APPROXIMATELY 1 CALORIE (KCAL) PER KILOGRAM OF YOUR WEIGHT, PER KILOMETER YOU WALK



A CAN OF COLA

33 cl
139 KCAL



CAFFÉ LATTE

25 cl
120 KCAL



SNICKERS BAR

50 gram
241 KCAL



BLACK COFFEE

25 cl
0 KCAL



A PIECE OF CAKE

100 gram
400 KCAL



CREAM BUN

1 stk. 30 gram
104 KCAL



ROLL

with jam, butter and cheese
503 KCAL



PASTRY

100 gram
374 KCAL



PRESTIGE CHOKOLADE

5 gram
27 KCAL



OFFICEFIT
STAY ACTIVE WHILE WORKING