Burn Off

How Much Exercise Does It Take to Burn Off Those Thanksgiving Day Calories?

- **6 OUNCES OF TURKEY**: 340 CALORIES
  - TURKEY TROT 5K
    - 30 MINUTE RUN
- **MASHED POTATOES & GRAVY**: 300 CALORIES
  - BURPEES
    - 60 SETS OF 10 BURPEES
- **HALF CUP OF STUFFING**: 180 CALORIES
  - PILATES
    - 30 MINUTES
- **CRANBERRY SAUCE**: 150 CALORIES
  - STAIRMASTER (MODERATE)
    - 20 MINUTES
- **ROLL WITH BUTTER**: 180 CALORIES
  - PUSHUPS
    - 18 SETS OF 20 PUSHUPS
- **PIECE OF PUMPKIN PIE**: 180 CALORIES
  - ELLIPTICAL TRAINER (MODERATE)
    - 20 MINUTES

**Total= 1330 Calories**

**Total= 148 Minutes!**
This posting is not my own creation collection. My effort is copy paste only. I got it from internet posted by someone else. I'm just saving some time for you to avoid searching everywhere. I'm not violating any copy rights law or not any illegal action which I'm not supposed to do. If anything is against law please notify me so that it can be removed.