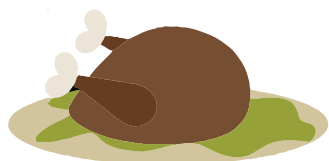


Post-Thanksgiving Dinner Workout Equivalents



Turkey

48 laps on the track



Cranberry sauce

20 minutes dancing



Stuffing

15 minute elliptical



Mashed potatoes

23 minutes rock climbing



Brussel sprouts

10 minutes planking



Biscuit w/butter

18 minutes of jump rope



Pumpkin Pie

45 minutes cycling



Glass of wine

10 minutes battle ropes



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*Calculations based upon a standard serving size for the item and the calories used by a 150 pound person. Amount may vary depending on preparation of the food item and how the exercise is completed.