

KILOJOULES vs. EXERCISE

One 330 mL cola



594
KILOJOULES

=

20
MINUTES

Vigorous Weight Training



One Big Mac



2058
KILOJOULES

=

50
MINUTES

Zumba



One 120 mL glass of red wine



393
KILOJOULES

=

15
MINUTES

Mowing the Lawn



One chocolate Paddle Pop



330
KILOJOULES

=

15
MINUTES

Walking at 5 kph



One slice of pizza



853
KILOJOULES

=

25
MINUTES

Cycling at 17 kph



One 200 mL glass of beer



297
KILOJOULES

=

15
MINUTES

Rowing at 7.5 kph



One small fries



1071
KILOJOULES

=

55
MINUTES

Jogging at 5.5 kph



One 53 g Mars bar



1008
KILOJOULES

=

20
MINUTES

Skipping Rope

