

Rethink your Drink

Activity required to burn the calories from sugar-sweetened beverages



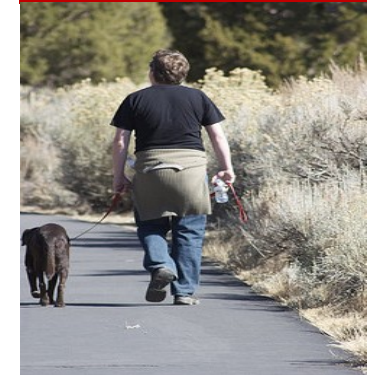
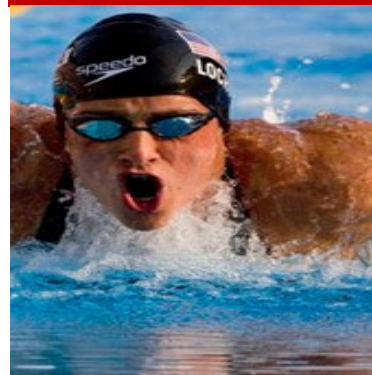
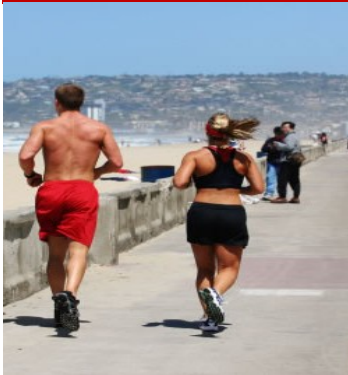
20 oz Coke
 240 calories

15 oz Naked Juice
 Blue Machine
 320 calories

9.5 oz
 Starbucks Frappuccino
 200 Calories

20 oz Gatorade
 130 calories

Grande Mocha
 260 calories



Running

approximately 25
 minutes at the pace
 of a 12 minute mile

Bicycling

approximately 33
 minutes at a pace
 of 11-15 mph

Swimming

light freestyle
 approximately 30
 minutes

Hiking

uphill carrying 0-9
 lbs approximately
 17 minutes

Walking

approximately 50
 minutes at a pace
 of 3.5mph