

How to Exercise Away Those Holiday Treats*

Treat	Calories	Exercise 1	Exercise 2	Exercise 3
1 slice pumpkin pie	320	30 minutes of cross-country skiing	50 minutes swimming	1 hour walking (4 mph)
1 ounce fudge	120	40 minutes of housework	10 minutes of hard spinning	20 minutes of aerobics
1 cup stuffing	350	40 minutes of touch football	40 minutes of snow shoveling	75 minutes of weight training
1 cup eggnog	342	1 hour of gardening	38 minutes of singles tennis	100 minutes of raking leaves
6 ounces white wine	120	26 minutes of rowing machine	48 minutes of shopping	23 minutes of leisure skating
¼ cup cranberry sauce	100	30 minutes of raking leaves	25 minutes of golf	15 minutes of aerobic dancing
10 shrimp	50	8 minutes of swimming	9 minutes of biking (10 mph)	5 minutes of cross-country skiing
3 ounces homemade fruitcake	302	30 minutes of judo	48 minutes biking (10 mph)	2 hours of shopping

*Data based on the caloric needs of a 130-pound woman.

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