

# THINK B4 YOU EAT<sup>®</sup>

CALORIES COUNT

**900**  
calories



## Climb Stairs for 2 ½ Hours

Burning up the 900 calories in a 6-oz snack pack of potato chips takes 2 ½ hours of stair climbing. Are your knees up to it?

### LIGHTEN UP:

Can't resist potato chips? Don't even start. Opt for the obvious alternative: fresh popped popcorn.

In Partnership with:

*Diet Detective*



## Climb Stairs for 7 Minutes

You can burn up the 62 calories in 2 cups of plain popcorn, perhaps the perfect snack, in 7 minutes of stair climbing.

**62**  
calories

