THINK B4 YOU EAT®

CALORIES COUNT

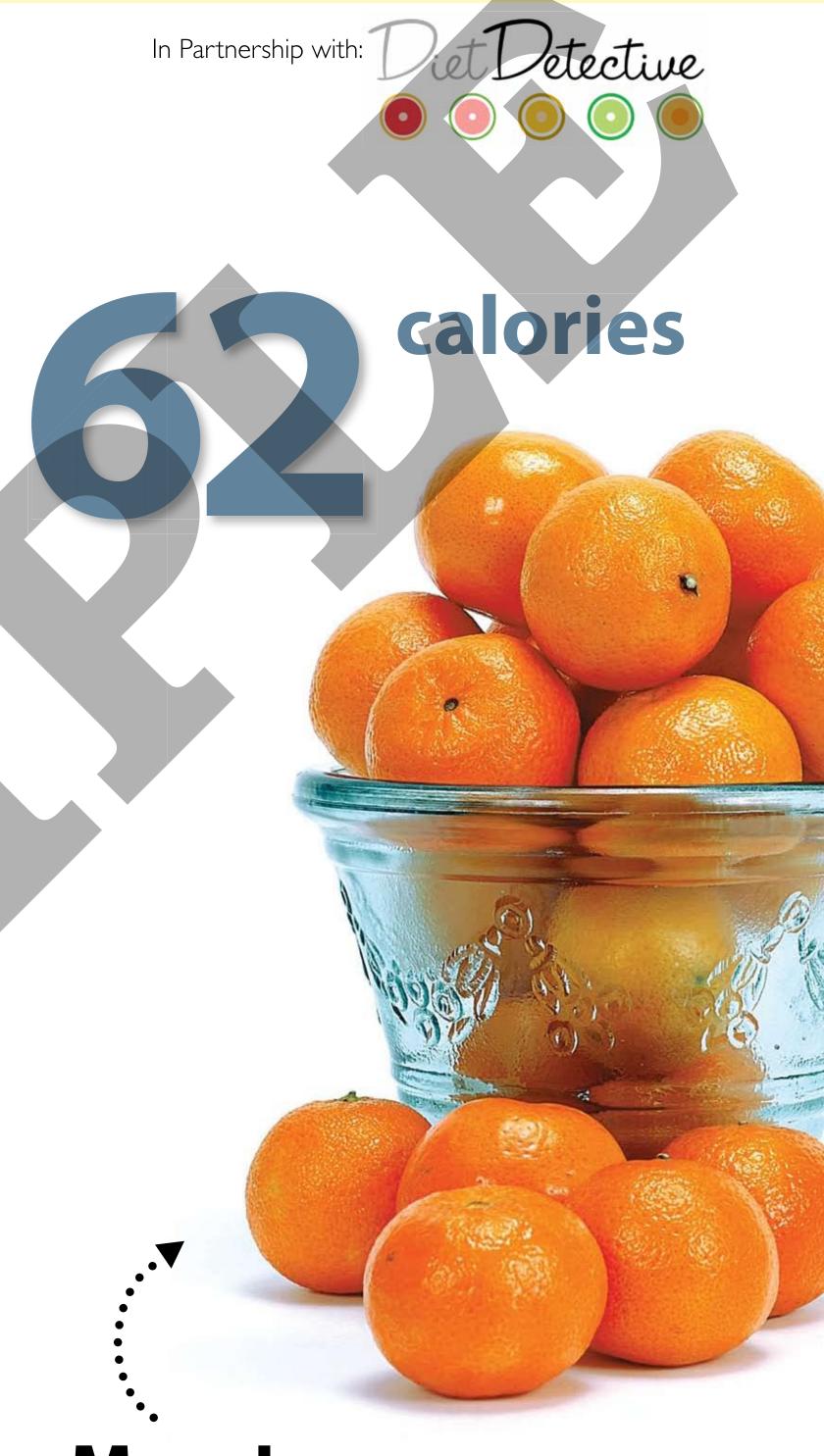
LIGHTEN UP:

Chocolate creams are little calorie bombs. If you can't stop at I, pick a piece of fruit instead.

Mow Lawn for 1½ Hours

Burning up the 450 calories in these chocolates takes I ½ hours of lawn mowing.





Mow Lawn for 10 Minutes

You can burn up the 62 calories in an orange in 10 minutes of lawn mowing.