

Avoid Portion Distortion!

Portion *Distortion*

20 YEARS AGO

TODAY

DIFFERENCE



333 Calories



590 Calories

**257
MORE
CALORIES**

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*



500 Calories



850 Calories

**350
MORE
CALORIES**

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*



500 Calories



1,025 Calories

**525
MORE
CALORIES**

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO

TODAY

DIFFERENCE



85 Calories



250 Calories

**165
MORE
CALORIES**

Working in the garden **35 MINUTES** burns approximately 165 calories* **Based on 160-pound person*



210 Calories



500 Calories

**290
MORE
CALORIES**

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*



270 Calories



630 Calories

**360
MORE
CALORIES**

Doing water aerobics for **1 HOUR AND 15 MINUTES** burns approximately 360 calories* **Based on 160-pound person*