

Know Your Burgers

Daily Calorie requirements

For teenagers seeking to lose weight the recommended calorie intake is 1200 – 2000 Cal/Day depending on their level of activity. To maintain a healthy weight **daily calorie intake should be between 1700 and 3500 Cal** depending on weight, age and level of activity.

For teenagers the recommended fat intake is **40-80g fat per day**



What's a burger worth?



A lunch recently advertised by McDonald's included:

Big Mac	480 Cal	26g fat
Cheeseburger	285 Cal	13g fat
Large Fries	450 Cal	25g fat
600 ml Coke	250 Cal	0g fat
Sundae (Hot Fudge topping)	330 Cal	9.5g fat
Total	1 795 Cal	73.5g Fat

That is a whole day's worth of energy intake and fat!

A "regular" value meal contains 1155 Cal and 50g of fat.

Do you think you would feel full and satisfied for a whole day on just the above?

What Does it Take to Lose a Burger?

1795 Calories is equivalent to;

- 3 hrs. of high intensity exercise (climbing stairs or skipping) OR
- 6 hrs. of moderate intensity exercise (singles tennis) OR
- 10 hrs. of social tennis

Are you prepared to put in six hours of exercise for the burger you ate in three minutes?

Further Information:

1 Cal = 4.2 kJ

Ref: Allan Borushek's Calorie Fat & Carbohydrate Counter 2009 Edition

Work Out My Butt Abs & Thighs

PO Box 4279 Myaree WA 6960 - Phone: 0410 499 464 - email: wombat@winthropdc.com

Winthrop Dexterity Consultants Pty Ltd (ACN: 066 742 452) as trustee for The D & J Musgrave Family Trust (ABN: 99 549 336 945) trading as Wombat Fitness (BN: 11175898)