

small apple 55 Calories

Many of the vitamins in apples are in the skin, or peel.





walking
55 Calories





extra crunchy chicken sandwich with sauce 510 Calories





SOCCET 510 Calories





large order of french fries

560 Calories





walking 560 Calories

Walking the length of a football field uses the number of calories in one M&M candy.





1 cup carrots
50 Calories





team handball 50 Calories

Team handball is the second most popular sport in the world.





medium vegetable burrito 245 Calories





skateboarding 245 Calories

Skateboarding is America's sixth largest sport.





small potato with 1 teaspoon of butter

162 Calories

In 1995, potatoes became the first crop to be grown by NASA in space.





washing a car





medium bowl of vegetable soup

120 Calories

Americans consume more than 10 billion bowls of soup every year.





basketball 120 Calories





medium peanut butter and jelly sandwich





swimming laps 375 Calories

The longest swim ever was 2,360 miles down the entire length of the Mississippi River. It took 68 days.





1 cup fresh fruit 98 Calories





jumping rope 98 Calories

Fusion routines are very popular at the National Double Dutch League Tournament.





small low fat, soft-serve vanilla ice cream cone

216 Calories

Ice cream has been a dessert since Roman times.





walking 216 Calories





medium chewy granola bar

125 Calories





dancing 125 Calories

There are hundreds of dance styles and people of all cultures dance.





medium hard shell beef taco

285 Calories

Tacos and tortillas have been around for more than 7,000 years.





walking 285 Calories





1 cup mashed potatoes and gravy 400 Calories





walking 400 Calories

Race walking has been an Olympic sport since 1904.





large nachos and extra cheese 900 Calories





walking 900 Calories

Walking is the most popular physical activity.





king size chocolate candy bar 400 Calories

Cortez, the explorer, brought chocolate from the Aztecs back with him to Spain in 1529.





walking 400 Calories





large strawberry milkshake

890 Calories

The largest milkshake was created in New York in 2000. It measured 6,000 gallons.





swimming laps 890 Calories





large chocolate fudge nut brownie 540 Calories

The first published recipe for brownies appeared in 1897.





vacuuming 540 Calories





small slice of pizza 206 Calories

In the US, there are about 61,269 pizza parlors.





hiking 206 Calories





large ice cream bar 260 Calories





kick boxing 260 Calories





large glazed donut 330 Calories

The world's largest donut weighed 5,000 pounds and was the size of half a football field.





FLOW 330 Calories



Out of BALANCE

Card

