



Ways To Save 100 Calories

- ◆ Limit yourself to 1 portion of bread, rolls or crackers
- ◆ Ask for a cup rather than a bowl
- ◆ Choose broth-based instead of cream-based soups
- ◆ Dip your fork into the dressing, then into your salad greens
- ◆ Hold the croutons & cheese on your salad
- ◆ Substitute steamed vegetables for potatoes, rice or pasta
- ◆ Select an appetizer as your main dish
- ◆ Use cocktail sauce or fresh lemon in place of tartar sauce
- ◆ Share a dessert
- ◆ Request diet mixers for your cocktails
- ◆ Select grilled instead of breaded or fried
- ◆ **TAKE 1/2 HOME!**



Ways To Burn 100 Calories

5 Minute Activities:

- ◆ Run a mile
- ◆ Chop Wood
- ◆ Cycle at 20 mph

10 Minute Activities:

- ◆ Jump Rope
- ◆ Racquetball
- ◆ Video Workout
- ◆ Swim a few laps

15 Minute Activities:

- ◆ Aerobic Workout
- ◆ Pitch for the Devil Rays
- ◆ Jogging
- ◆ Skipping

20 Minute Activities:

- ◆ Walking
- ◆ Abdominal Crunches
- ◆ Stair Climbing
- ◆ Housework

25 Minute Activities:

- ◆ Dog walking
- ◆ Hula-hoop
- ◆ Wash your car
- ◆ Gardening