

## **Tip of the Day:**

### **What It Takes to Burn Off One Can of Soda**

Whether you're loyal to Coke or Pepsi, a two-can-a-day habit can set you back when it comes to controlling calories. Aside from added sugar, a single can of soda contains 100 calories. It may not sound like much, but when you drink two or a three a day, the calories add up. Let's look at how much exercise you'll need to do to burn off one can of soda:

#### **Exercise Equivalents**

Walking: 26 minutes

Running: 11 minutes

Biking: 14 minutes

The next time you reach for something to quench your thirst, consider club soda or seltzer. These choices contain zero calories and no added sugar or sweetener, so you can drink as much as you'd like without derailing your diet.