

ALCOHOL TO EXERCISING EQUIVALENT CHART

See Chart Below for Minutes of Exercise Needed to Burn Off Calories in Alcohol

	Beer 12 fl oz.	Cider 12 fl oz.	Scotch Measure	Red Wine Glass	Port Glass
AEROBICS Active	19	21	15	12	24
GOLF With Trolley	48	51	38	31	61
DANCING Energetic	21	23	17	14	28
JOGGING 5mph	17	18	14	11	22
SWIMMING Steadily	17	18	14	11	22
WALKING 3mph	31	33	23	19	37

Other Drinks

	Cream Soda	Orange Juice	Tonic/Quinine	Diet Soda	Lemonade
AEROBICS Active	12	11	9	39 seconds	11
GOLF With Trolley	31	29	23	2	26
DANCING Energetic	14	13	10	45 seconds	12
JOGGING 5mph	11	11	8	36 seconds	9.5
SWIMMING Steadily	11	11	8	36 seconds	9.5
WALKING 3mph	19	18	14	1	16

Please Note:

1. All exercise times are approximate.
2. All times based on 150 pound woman.