

You can't out exercise a bad diet

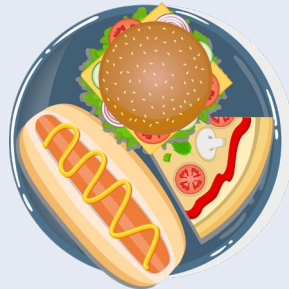
For an 80kg individual:



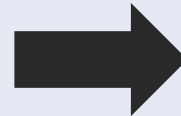
320 calories



39 minutes of walking



792 calories



1 hour & 35 minutes of walking