

## Exercise of the Month

# Pancake Offset

Looking to burn off the calories after sampling a few pancakes? With an indulgent pancake clocking in at an average of over 200 calories you need an exercise to help even the balance!

Pancake Options	Exercise time at 70% max heart rate*
Low Fat Batter Pancake (66 Calories*)	10 mins
With Lemon and Sugar (85 Calories*)	12 mins
With Blueberrys (95 Calories*)	15 mins
With Salmon & Cream Cheese (151 Calories*)	20 mins
With Chocolate Chips (340 Calories*)	45 mins
With Strawberries and Cream (670 Calories*)	1hr 30 mins

\*Based on average fitness level, age and weight. Estimated calorie amounts.

