

How Far Would You Have to Walk?



Sometimes the convenience of grabbing a meal at our favorite fast food restaurant is too appealing to ignore. But have you ever thought about how much exercise you would need to burn off the calories from some of these meals? Here are five popular fast food options. How far would you have to walk to burn them off? You might be surprised by the answer!

Hardee's Monster Thickburger (1,420 calories)

14.6 miles or 4 hours and 17 minutes of walking!

Panera Sierra Turkey Sandwich (950 calories)

10.2 miles or 3 hours and 32 minutes of walking!

Taco Bell Fiesta Taco Salad (840 calories)

8.8 miles or 2 hours and 30 minutes of walking!

McDonald's Crispy Chicken Caesar Salad (500 calories)

5.5 miles or 1 hour and 30 minutes of walking!

Arby's Junior Roast Beef Sandwich (310 calories)

3.5 miles or 1 hour of walking!

