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IS A BURGER WORTH 7,500 SIT-UPS?



Most people have stared down a pint of ice cream or a bag of chips and tried to figure out how much more they'd need to work out in order to burn off the extra calories.

Unfortunately, you can't really eat whatever you want and just work out a little more later. "No, it is not an even exchange," **Franci Cohen, a personal trainer, certified nutritionist, and exercise**

physiologist in New York City, told Yahoo! Shine. "In fact, over-exercising will actually cause the muscles to break down instead of build up, and the metabolism slows down as a result of excess exercise as well." Still, a Texas Christian University study of 300 adults presented at the Experimental Biology 2013 conference in Boston this week found that learning how much more you'd need to exercise to work off a burger was enough to make people pick a lower-calorie meal. Wondering if that candy bar is worth it? Here's what it would take to work off some of our favorite indulgences.