

CALCULATE THEN CHOOSE

CALORIES COUNT

Climb Stairs for 2 Hours

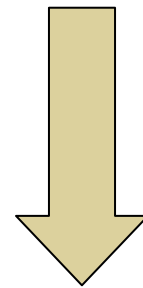
Burning up 699 calories in a chicken pot pie takes 2 hours of stair climbing. Whew!

**699
calories**



196

calories



Climb Stairs for 30 Minutes

You can burn up the 196 calories in a 3-ounce dinner serving of Salmon fillet with 30 minutes stair climbing—a easier way to end your day.

LIGHTEN UP

For good taste and good heart health, enjoy a serving of fish 2 times a week. Grilling a fillet is easy as pie, without the fat saturated crust.