Our bodies burn calories with exercise, at a rate of around 100 calories per mile, running or walking, over level terrain. To burn off a standard Thanksgiving dinner, we would have to stroll a 26.2-mile marathon.

Marathon meal:

- **Dressing** (1/2 cup) 2.5 miles
- **Bread roll w/pat of butter** 1.5 miles
- **Mashed potatoes** (1 cup) and gravy (2 tbsp.) 2.9 miles
- **Pumpkin pie with whipped cream** 4.8 miles
- **Second piece of pumpkin pie with whipped cream** 4.8 miles
- **Wine** (4 ounces) 0.9 miles
- **Turkey** (3 slices) 1.5 miles
- **Peas** (1/2 cup) 0.6 miles
- **Sweet potatoes** (1/2 cup) 1.3 miles
- **Cranberry sauce** (1/4 cup) 1.1 miles
- **Eggnog** (1 cup) 3.4 miles

HEALTH WAVES