

## CALORIES ON THE TERRACE!

What can be more enjoyable than having a drink on the terrace in the company of good friends on a beautiful sunny afternoon? Well, not all good things have a silver lining, as our nutritionist at the MAA reminds you of all those calories sitting in your glass...

The alcohol in your drink contains 7 calories per gram while carbs, which are found in fruits, cereals, pastries, etc., only contain 4 calories per gram. Another fact that you should know is that your body doesn't burn calories from alcohol as an energy source. So where does it all go, you ask. Directly to the infamous "beer belly"! Some of you may be comforted to know however that red wine does have some positive properties, due to a special antioxidant that helps fight against cardiovascular disease.

Moderation is the key to keeping this pleasure in check. Consuming a maximum of 1 to 2 drinks daily is recommended or 9 drinks weekly for a woman and 14 for a man, combined with a healthy and balanced diet. Don't be tempted by chips, peanuts, and other sorts of munchies, as these will only add to your calorie intake.

Of course, the best way to get rid of those extra pounds is to start moving! So don't forget that you can always start your free 2-week trial at the MAA at any time. It's the perfect way to rediscover the pleasure of being active while taking full advantage of the summer season!

**Activate your complimentary 2-week guest membership and come discover the MAA experience!**

One Standard Drink	Energy (kcal)	How to Burn the Equivalent
White Wine (150 ml)	102	10 min - running
Rosé (150 ml)	107	15 min - biking
Red Wine (150 ml)	108	20 min - brisk walking
Beer (5% alc-1 btl-341 ml)	151	25 min - cardio on elliptical machine
Light Beer (4% alc-1 btl-341 ml)	95	15 min - swimming
Pina Colada (135 ml)	262	25-30 min - jogging
Vodka-orange (210 ml)	175	20 min - in-line skating
Martini (75 ml)	156	30 min - dancing
Smirnoff Ice (1 btl-355 ml)	270	25 min - spinning



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