

What am I putting in my body?

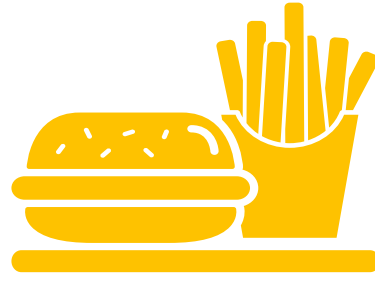
12
OUNCES



GLASS OR CAN
OF BEER

4 = 600
BEERS CALORIES

FAST FOOD
BURGER + FRIES



30
MINUTE
JOG



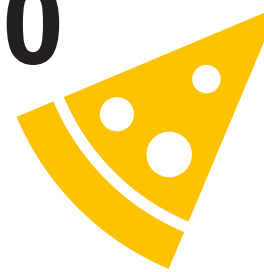
5
OUNCES



GLASS OF WINE

3 = 270-300
GLASSES CALORIES

A SLICE OF PIZZA



30
MINUTE
SWIM



1.5
OUNCES



SHOT OF
HARD LIQUOR

2 = 200
SHOTS CALORIES

AN ICE CREAM CONE



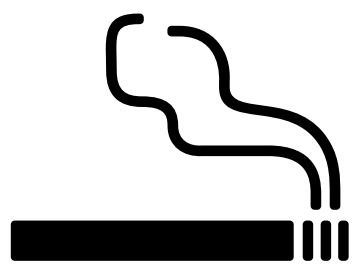
25
MINUTE
BIKE RIDE



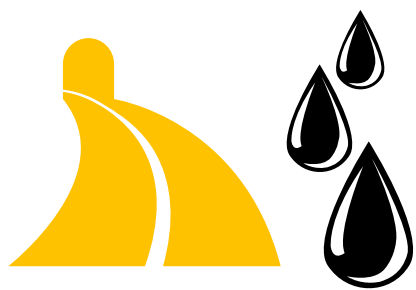
BIG RED CUP



THE BIG RED CUP IS A BIG MYSTERY. THE SIZE OF THE CUP VARIES, AS DOES WHAT GOES IN IT, AND WHAT YOU NEED TO DO TO WORK IT OFF.



INGREDIENTS
IN A CIGARETTE



TAR USED TO
PAVE ROADS



FORMALDEHYDE
USED TO EMBALM
DEAD BODIES



ARSENIC USED
IN RAT POISON



MARIJUANA

480

MARIJUANA CONTAINS MORE
THAN 480 CHEMICALS, MANY
OF WHICH ARE UNKNOWN.



RECREATIONAL MARIJUANA IS ILLEGAL IN NJ AND THEREFORE UNREGULATED. WHEN YOU BUY POT ILLEGALLY, YOU NEVER REALLY KNOW WHAT YOU'RE GETTING OR IF IT'S CUT WITH OTHER DRUGS.

*CALORIE COUNTS AND EXERCISE TIMES ARE APPROXIMATE AND CAN VARY.