



Bicycle

1 Capacity
912 Miles per gallon (caloric conversion)
.001 Gallons per mile (caloric conversion)
23:20 Time to travel 350 miles at 15 mph



(or  x 16)

Obesity

- 300,000 premature deaths every year
 - Allison, D.B., et al., *Annual Deaths Attributable to Obesity in the United States*. JAMA, 1999
- Reduces life expectancy of children by 5 years
 - Levine, S., et al., *Obesity Threatens a Generation: Catastrophe of Earlier Deaths, Higher Health Costs*. The Washington Post, May 18, 2008
- Causes more preventable disease than smoking
 - Mokdad, A.H., et al., *Actual Causes of Death in the United States, 2000*. JAMA, 2004
- Costs at least \$100 billion a year
 - Anderson, L.H., et al., *Health care charges associated with physical inactivity, overweight, and obesity*. Prev Chronic Dis, 2005

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