

## Calorie Maths

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Locations	Brammall Music Building
Date(s)	Friday 28th September 2012 (12:00-17:00)
Download	<a href="/research/activity/brum-dine-with-me/events/calorie-maths.aspx?ical=true">Add to Calendar (/research/activity/brum-dine-with-me/events/calorie-maths.aspx?ical=true)</a>

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### Bramall Music Building, Hands-on Experiment / Exercise

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How much exercise is really needed to burn off that last meal? Our researchers will open your eyes to the real balance between energy in and energy out from food to exercise, giving you helpful hints and tips on how to make simple and effective adjustments in your habits, and you can even take away a personalised map of your home showing how far you need to walk to burn off various different foods.