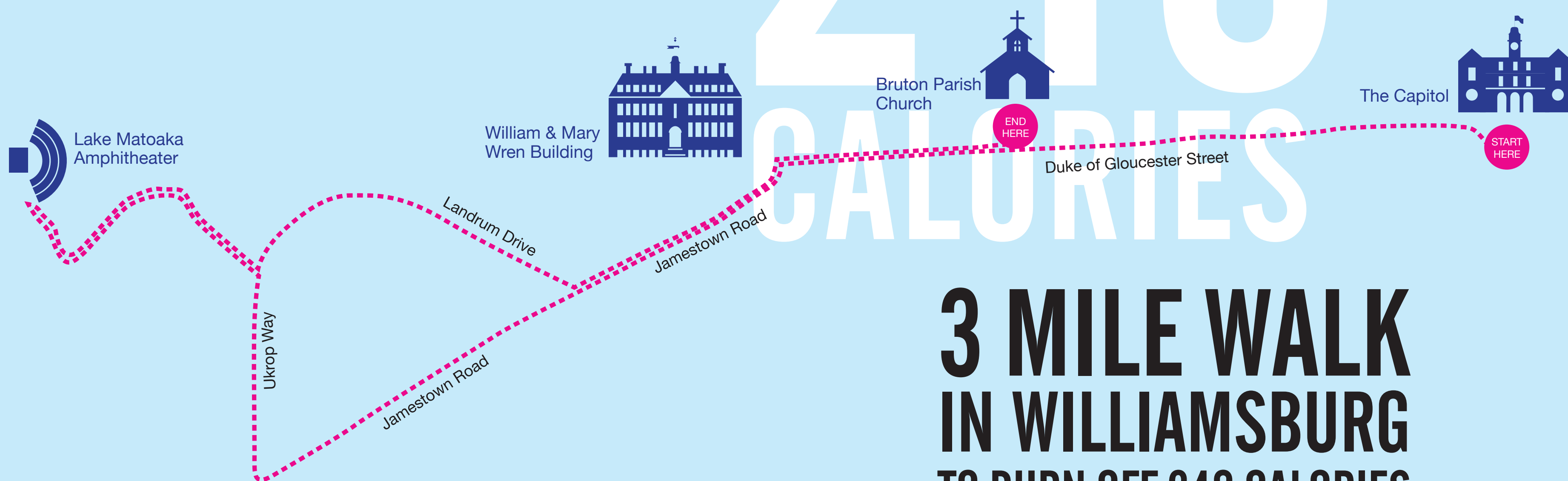


**YOU WILL NEED TO WALK  
3 MILES TO BURN OFF A  
CANDY BAR, 12 OZ. GRAPE  
JUICE, OR A MEDIUM  
SOFT DRINK.**

**240  
CALORIES**



**3 MILE WALK  
IN WILLIAMSBURG  
TO BURN OFF 240 CALORIES  
Means Walking from the Capitol  
To the Lake Matoaka Amphitheater  
And back to Bruton Parish Church**



WILLIAMSBURG  
**Health**  
FOUNDATION

**Williamsburg Health Foundation**  
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