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# 8. HOW LONG DOES IT TAKE TO BURN OFF THAT EASTER EGG?

**W**e were all there. By 11am last Sunday (the same as every year) we'd eaten five Creme Eggs for breakfast. They were tastier than David Beckham in his Armani pants at the time but now the damage has been done and you'd like to undo it before you cause even more damage with a pub lunch and several wines. And thanks to personal trainer Anthony Mayatt\* and our guide, you can.



The Egg	What exercise?	For how long?	But is it worth it?
 <b>Mini Eggs</b> 15 calories each	Walking up steps	90 seconds	Hell yeah. Unless you eat 12 packets of them...
 <b>Creme Egg</b> 170 calories	A medium-paced jog	20 minutes	Crank up your iPod and you'll be done in five Girls Aloud songs. Easy as that.
 <b>Smarties egg</b> 625 calories	Aerobics	2 x 45-minute classes	Definitely. It's even worth the smell of Lycra and trainers.
 <b>KitKat egg</b> 900 calories	Outdoor cycling	2/3 x 45minutes	Frizzy hair and a red face? Not a good look. But it is a tasty chocolate egg.
 <b>Thornton's Classics egg</b> 2,375 calories	The gym	3 x 45-minutes cardio and 30 minutes toning	A whole day and a half's worth of calories. So we'd really hope so.