

On the hunt for the ^{not so innocent} Easter Bunny

& chocolate friends: easter eggs, easter bilby

This bunny's described as:

Weight 100 g, body fat 30%, height and waist vary. Uses many disguises but usually dresses in bright **foil**. Shares **2240 kJ** fuel and **6 teaspoons of fat** when consumed. Favourite game: hide n seek.



to burn off one bunny, you better hop to it & get cracking . . .

swim overarm

2.6 km

climb upstairs non-stop for

57 minutes

can you find a building tall enough?

play hopscotch without a break

90 minutes

how to beat the bunny this year . . .

For the kids:

- * trade Easter edibles for a lucky dip from a basket of even better surprises
- * ask family and friends to think beyond the foil: an alternative Easter gift to suit your child's age - pass to movies, zoo or farm, stickers, rock climbing day . . .

Grown-up gift ideas:

- * genuine free range, organic chicken, bantam or quail eggs
- * basket of seeds and seedlings
- * bunch of flowers or potted plant
- * relaxation time

Tips:

- * swap your usual breakfast for real eggs or a hot cross bun; freeze spare buns to reduce impulse eating
- * hide chocolate deep in a dark place as soon as it's arrived in your hands
- * leave the Easter shopping until the day before the Bunny is due
- * don't be tempted to buy marked-downs after Easter

which will fill you best?



4 mini solid chocolate eggs (25 g)



2 chicken eggs (100 g)



1/2 a hot cross bun (54 g)



20 small almonds (23 g)

each serve contains about 600 kJ

P.S. 13 kg is the weight you'll gain in a year if you eat 50 g chocolate each day