Like an inch, liter, or pound, a calorie is a unit of measurement. Calories are units of energy that fuel your body. By eating and drinking calories, your heart is able to beat and your body is able to perform all of its many tasks. However, it is possible to eat too many calories. If you exceed the number of calories your body needs, you will eventually store those calories and gain weight. To use up excess calories, you must be physically active. See how many minutes of physical activity it takes to burn off the calories in these popular bakery treats.