Maintaining your weight = balancing calories over time

- Strive to balance your calories IN and OUT over time!
- Your energy IN and OUT does not have to balance every day, it’s having balance over time that will help you stay at a healthy weight.
- Watch what you eat! What you eat (calories/energy IN) makes a big difference in maintaining your proper balance. Balance is different for everyone depending upon your gender, height, age and level of physical activity.

  - For example, eating 150 calories more a day than you burn can lead to an extra 5 pounds over 6 months i.e., 10 pounds a year.
  - These activities burn about 150 calories:
    - Pushing a stroller 1½ miles in 30 minutes
    - Shooting baskets for 30 minutes
    - Walking 1¾ miles in 35 minutes