



PennState
PRO Wellness



Children's
Miracle Network
Hospitals

Healthy Choices

Energy Balance

pennstatehershey.org/PROwellness

Energy Balance

Calories IN

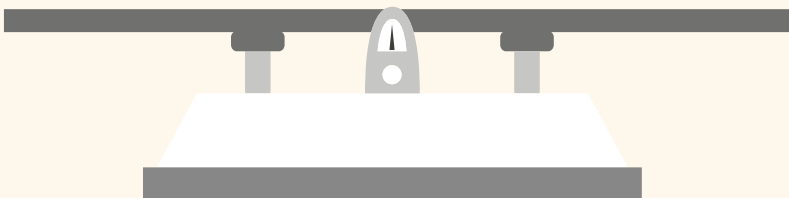
(How much energy you eat and drink)

Too many calories IN without the proper OUT, and you will gain weight.

Calories OUT

(How much energy you burn)

If you eat too little, and burn too much, you could lose weight.



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