Energy Balance

Calories IN  Calories OUT

It’s all about balance. Calories IN = how much energy you eat and drink. While calories OUT = how much energy you burn. Too many calories IN without the proper OUT, and you will gain weight. Also, if you eat too little, and burn too much, you could lose weight. Everyone’s energy balance is dependent on their individual physical specifications, genetic makeup, environmental factors and choice of lifestyle. Some people will require more energy than others.

Are you in Balance?

Watch what you eat!

What you eat (calories/energy IN) makes a big difference in maintaining your proper balance. To burn off a single can of high-calorie soda (energy), you would need to take a 50 minute bike ride. Don’t have 50 minutes to spare? Try a sparkling water with lemon instead.

- IN +590 cal Spaghetti with meat sauce
- OUT -204 cal Soccer
- IN +240 cal Soda
- OUT -272 cal Bike riding
- IN +90 cal Apple
- OUT -326 cal Walking
- IN +640 cal Pizza
- OUT -680 cal Running
- IN +850 cal Cookies
- OUT -408 cal Yoga
- IN 100 calories (depending on portion size and specific ingredients)**
- OUT 100 calories (depending on your personal physical activity and amount of stress)**

Do you have enough fuel?

You need calories to live - to keep warm, to walk to school, to brush your teeth, etc. And, if you have an active lifestyle, you will need even more calories to burn. Make sure you are fueled correctly. Here are some activities and the amount of energy (IN calories) that is needed for 60 minutes:**

WEEKLY TOTAL
+14,000 Calories IN
-14,000 Calories OUT
BALANCED!

Balance is different for everyone.

Depending upon your sex, height, age and level of physical activity, you can determine your level of calories needed to maintain your personal ideal weight. The following are some examples of personal daily calorie intake:**

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WEEKLY TOTAL
+1,840 Calories per day
- Ed is 18 years old, 5’9” tall and weighs 158 lbs.
- SEVERELY ACTIVE (heavy exercise and watches TV).
- Ed has no other extra physical activities.

Penn State Pro Wellness

Penn State Children’s Hospital