

# 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?

### +IN **460** calories

Spaghetti with meat sauce

## -OUT **460** calories

55 Minutes playing Soccer



#### 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.













































100 calories (depending on portion size and specific ingredients\*\*)

#### 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.\*\*

**GG** = (A) (1-204 cal

-272 cal

\* -326 cal

-680 cal

4 4 4 -408 cal

= 100 calories (depending on your personal physical statistics and amount of effort\*\*)

#### THURSDAY **FRIDAY** WEDNESDAY **SATURDAY**

**WEEKLY TOTAL** ⊦14,000 **Calories IN** 4.000 Calories OUT **BALANCED!** 

#### **Maintaining your weight =** balancing calories over time.

Strive to balance your calories IN and OUT over TIME. Your energy IN and OUT do not have to balance every day, it's having a balance over TIME that will help you stay at a healthy weight.

#### Balance is different for everyone.

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



2,812 Calories per day

Louis is 18 years old, 6ft tall and weighs 150 lbs.

• ACTIVE lifestyle (walks to school, limits video games, etc).

• Also, plays basketball for 30 minutes.



2,001 Calories per day • Sue is 19 years old, 5ft 6in tall and weighs 130 lbs.

• LIGHTLY ACTIVE lifestyle (walks to school and limits TV).

Also, dances for 30 minutes.



**= 200 calories** 

1,840 Calories per day • Ed is 18 years old, 5ft 4in tall and weighs 120 lbs.

• SEDENTARY lifestyle (video games and watches TV).

• Ed has no other extra physical activities.



U.S. Department of Health & Human Services, NHLBI: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/healthy-weight-basics/balance.htm

\* Boys between the ages of 11 and 13 need 1,800 to 2,600 calories per day, while boys ages 14 to 18 need between 2,200 to 3,200 calories per day. Girls ages 11 to 13 need 1,800 to 2,200 calories per day while those between the ages of 14 and 18 need 1,800 to 2,400 calories per day, according to the Academy of Nutrition and Dietetics. http://healthyeating.sfgate.com

\*\* Calories burned examples are estimates provided by MyFitnessPal.com. The examples listed are for a 150lb adult male, 6ft tall, 18 years old with a lightly active lifestyle (unless otherwise noted). Your own results will vary according to your own personal-physical specifications and levels of effort.