

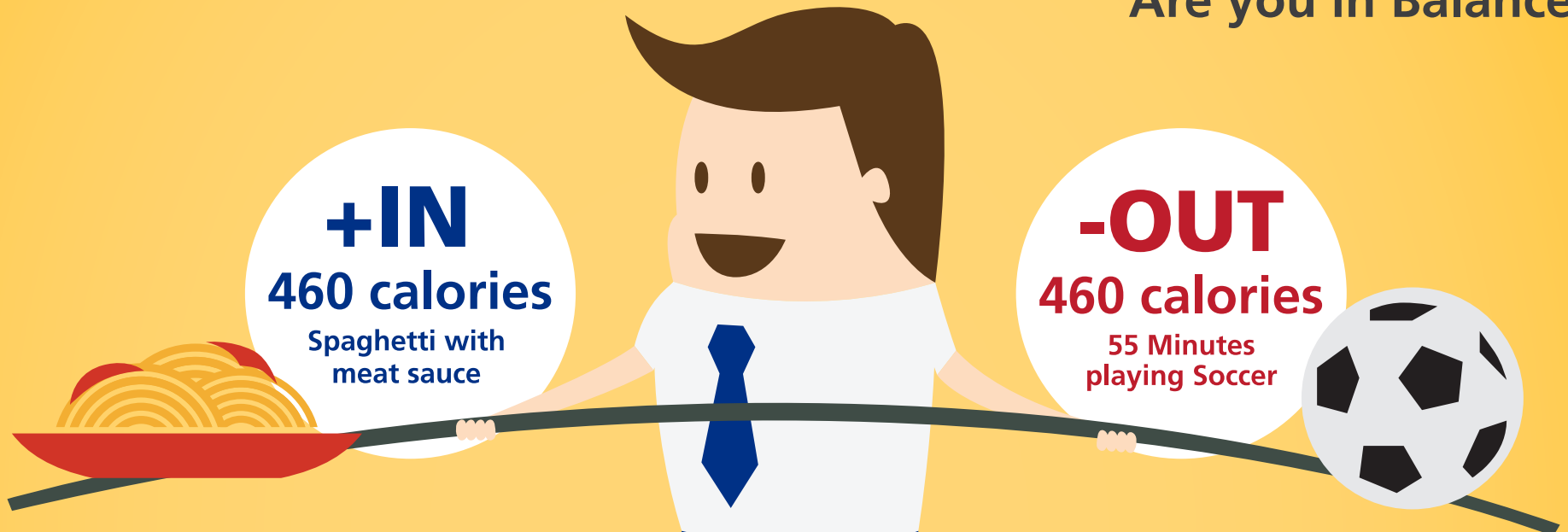


# Energy Balance

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?



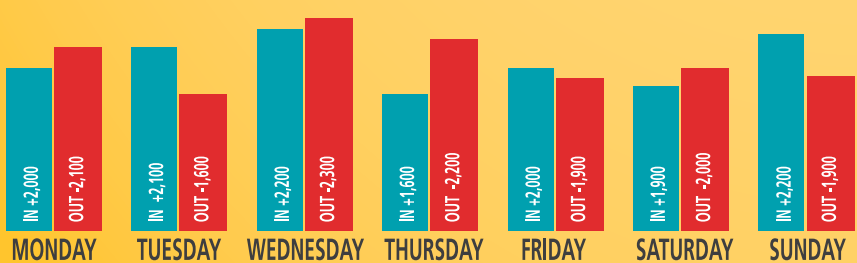
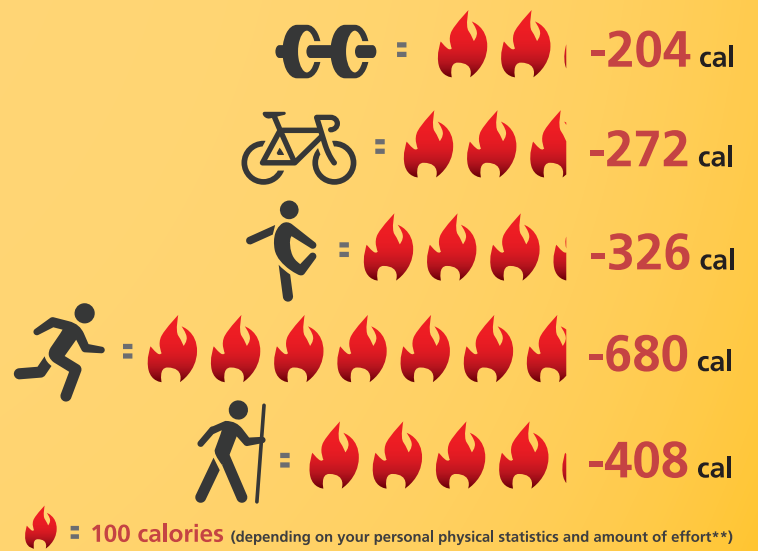
## Watch what you eat!

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.



## 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!**

## 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.

Louis

**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.

Sue

**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.

Ed

