

Exercise Your Right to

Balance

Energy in Energy out



Exercise your right to be healthy!

Balance Energy In and Energy Out!

What does that mean? “Energy in” is the energy you put into your body in the form of calories from foods and beverages. “Energy out” is the calories you burn for basic bodily functions such as your heart beating or breathing and from physical activity.

Energy balance and weight:

When you eat more calories than you burn, your body stores the extra calories as fat. Your weight goes up. Burn more calories by adding physical activity or eating less and your weight goes down.

Energy in

Eat more fruits and vegetables—they refresh and restore:

- They're low in calories
- The more colorful, the more nutritious – eat a variety
- Aim for 5 or more servings every day

Whole grains, eat as many as you're able:

- They have more dietary fiber and other healthy components than refined grains
- Aim for at least 3 servings of whole grains every day

Drink more water, the naturally nurturing drink:

- Soft drinks consumption is connected to excessive calorie intake, weight gain, and other health problems
- Aim for 6-8 cups of water every day

Say “adieu” to fatty foods:

- Fatty foods are high in calories
- Aim for fewer grams of fat
- Stay away from the “harmful” fats
 - saturated fat found in fatty meats and full fat dairy products
 - trans fat (partially hydrogenated oils) often found in baked goods and fried foods
- Choose small amounts of “healthy” fats
 - monounsaturated fat found in
 - polyunsaturated fat found in plant-based foods (olive oil and nuts) and fish

Take smaller portions:

- Larger portions = more calories and more weight!
- Aim for sensible serving sizes
- Food packages list the recommended serving sizes and will help you to control your portion sizes – read the Nutrition Facts label to guide you!

Energy out

Be more physically active:

- Move more, every bit helps
- Choose physical activities you enjoy and get moving- your body is not designed to sit around all day!
- Aim for ½ hour of physical activity every day. You'll feel better and look better in no time.