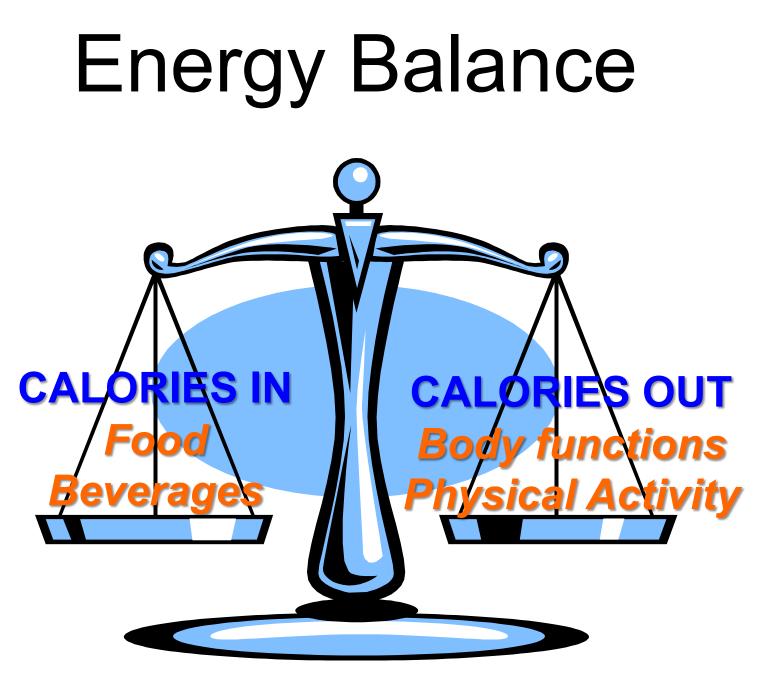
Your Health Matters Fitness for Life



2: Energy Balance



What is a calorie?

CALORIE = unit of energy supplied by food

Calorie Control helps with Energy Balance



How do you want to spend your calorie "budget"?

Centers for Disease Control and Prevention; American Dietetic Association

Calories, Energy Balance and Weight Control

Calories IN = Calories OUT Energy Balance - maintain weight

Calories IN > Calories OUT over time Out of balance - gain weight

Calories IN < Calories OUT over time *Out of balance - lose weight*







Calories IN to maintain weight is different for each person









Estimated calorie needs per day may range from 1,200 to 2,800 depending on sex, age, weight, height, activity level, health conditions and other factors.







Nutrition Through the Life Cycle, Brown 2008; National Heart, Lung, and Blood Institute – National Institutes of Health

Calories IN to maintain weight: Different for each person





Example 1 Sedentary 45 year-old female 5'2" 147 pounds BMI = 27.0 (overweight)

Calories needed per day: **1,800** to maintain current weight (not to lose)

Calories IN to maintain weight: Different for each person





Example 2 **Moderately Active 16 year-old female** 5'4" 128 pounds BMI = 22

Calories needed per day: 2,000 to maintain current weight

Calories IN to maintain weight: Different for each person



Example 3 **Moderately Active 65 year-old female** 5'4" 155 pounds BMI = 26.5 (overweight)

Calories needed per day: **1,800** to maintain current weight (<u>not</u> to lose weight!)



Calories OUT: Healthy Weight Loss



100 extra calories/day = 10 pounds/year

About 3,500 calories = 1 pound Healthy weight loss = 1-2 lbs/wk





Calories OUT: Healthy Weight Loss



Burn 3,500 to 7,000 cal/wk



Walk with your kids to and from school or the bus stop.

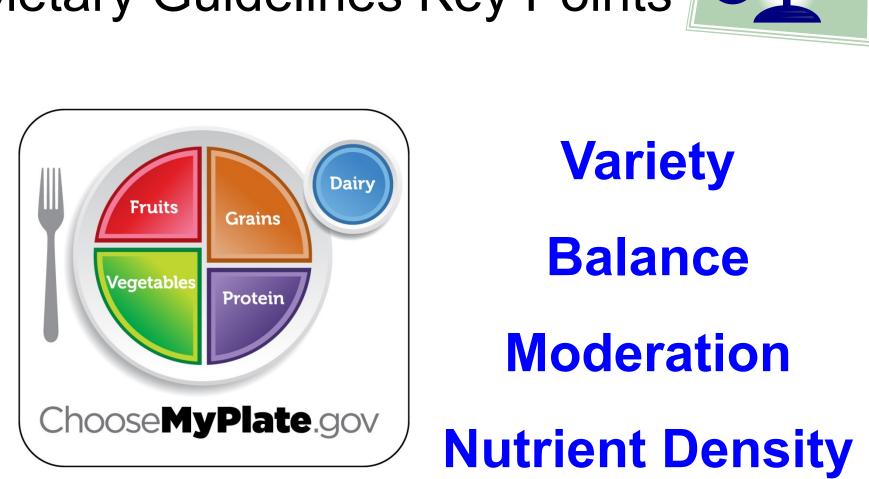
Take a 10 minute walk during a lunch break at work.





Play outside with your family.

You could lose 4 to 8 pounds per month



Calories IN: Dietary Guidelines Key Points





Variety Enjoy foods from all food groups every day









Nutritional Sciences, Thompson Learning Inc. 2007





Balance

Eat the right amount from each food group... Watch portions!







Moderation Eat mostly fruits, vegetables, and whole grains. Limit fat and sugars.

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Nutrient Density Choose foods rich in nutrients. Avoid "empty calories."



Energy Balance Key Point Recap

- Calories In vs. Calories Out
- IN: food choices variety, balance,

moderation, nutrient density

- ➢ OUT: activity "FITT"
- Keep track to tip the scale







10-minute Activity Break

Switch to Theory and Techniques for Behavior Change PowerPoint