Your Health Matters: Fitness for Life

2: Energy Balance
Energy Balance

CALORIES IN
- Food
- Beverages

CALORIES OUT
- Body functions
- Physical Activity
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”? 
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.
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
(\textbf{not} 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
Balance
Moderation
Nutrient Density
Variety

Enjoy foods from all food groups every day
Balance

Eat the right amount from each food group…
Watch portions!
Calories IN: Dietary Guidelines

Moderation

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

Choose foods rich in nutrients.
Avoid “empty calories.”
The Bottom Line…

Eat Less + Move More!
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
Let’s move!

10-minute Activity Break
Switch to
Theory and Techniques for
Behavior Change
PowerPoint