



Maintaining healthy eating, active living, and hydration can help support a balanced body weight.

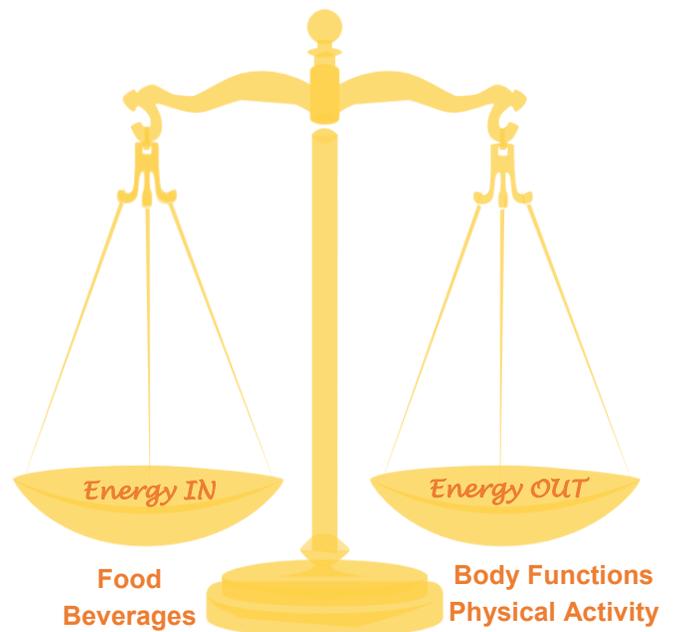
ENERGY BALANCE

Energy balance is important for maintaining a healthy weight. The amount of energy or calories you get from food and drinks (energy IN) is balanced with the energy your body uses for things like breathing, digesting, and being physically active (energy OUT):

- ⇒ *The same amount of energy IN and energy OUT over time = weight stays the same (energy balance)*
- ⇒ *More energy IN than OUT over time = weight gain*
- ⇒ *More energy OUT than IN over time = weight loss*

To maintain a healthy weight, your energy IN and OUT don't have to balance exactly every day. It's the balance over time that helps you maintain a healthy weight.

National Institutes of Health, Department of Health and Human Services



The Two Components– Diet & Exercise

According to the *Dietary Guidelines for Americans 2015-2020*, a healthy eating plan:

- ⇒ Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- ⇒ Includes lean meats, poultry, fish, beans, eggs, and nuts
- ⇒ Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- ⇒ Stays within your daily calorie needs

To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week .

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking.

CDC: Health Weight– www.cdc.gov/healthyweight/



Contact your wellness health educator,
Tanner, with any questions at:
tkingery@ouraycountycogov