

# ENERGY BALANCE

## A Key to Weight Control

### OUR BODIES ARE ENGINES

The food and beverages we consume contain calories. These calories fuel our body's engine. Too many calories and too little exercise can lead to weight gain. Fewer calories and more exercise can lead to weight loss.

Managing a healthy weight is a balance between what we eat and drink and how much exercise we get. Think of this as an "energy balance".

### MOVING BURNS ENERGY

If you move more, you burn more energy. Take a walk every day. If that's not possible yet, try adding more steps to your daily routine. Walk to the furthest bathroom or make more trips to unload the car.

Moving more helps improve your glucose/blood sugar, blood pressure and cholesterol, plus it helps with weight control.

Any movement, anytime, helps. When it comes down to it, what's even more important than knowing exact amounts of calories consumed and calories burned is simply being mindful of your lifestyle. If you're not moving enough each day, it can be harder to lose weight and keep that weight off.

### WE'RE HERE TO HELP!



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MAKING GOOD HEALTH SIMPLE.