

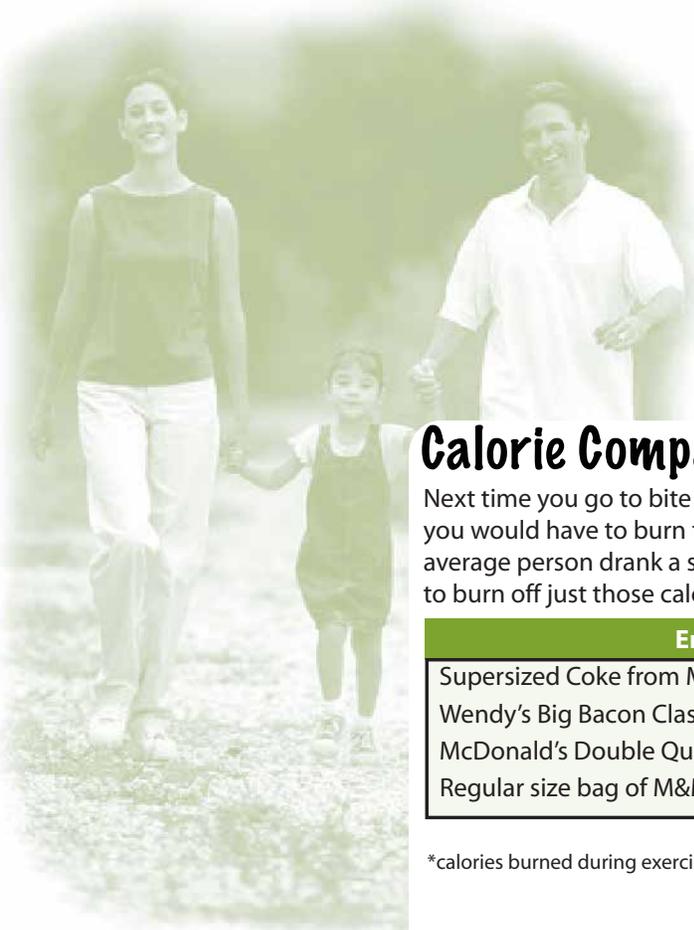


# Maintaining Energy Balance



## Think Before You Eat!

There are two main components to energy balance: energy intake and energy output. Energy intake is your caloric intake, or the number of calories you ingest via food and beverages. Your energy output is a little more complicated. Energy output includes your digestion, physical activity, and basal metabolic rate (BMR) which represents the number of calories your body burns while at rest to maintain your body's normal functioning. To maintain your weight, your energy intake and energy output must be the same. Of course we can influence our energy intake by making good choices about the food we eat and limiting our consumption of high fat, high calorie meals. We can also influence our energy output by increasing physical activity, eating wisely every few hours and drinking enough water, which can increase the number of calories our bodies burn during the day.



### Peach Power-Up



- 1 (1-inch) piece fresh ginger, peeled and grated
- 2 cups plain yogurt
- 3/4 cup orange juice
- 2 cups sliced frozen peaches

In a blender combine ginger, yogurt, orange juice and the frozen peaches. Blend until smooth.

### Calorie Comparison

Next time you go to bite into a hamburger or take a swig of a soda, think of how many calories you would have to burn to balance that calorie intake with calorie output. For example, if the average person drank a supersized Coke from McDonalds, he or she would have to jog for an hour to burn off just those calories. Think before you eat!

Energy Intake	Energy Output
Supersized Coke from McDonalds <b>410 cals</b>	1 hr aerobics <b>354 cals</b>
Wendy's Big Bacon Classic Sandwich <b>580 cals</b>	1 hr stationary bike <b>325 cals</b>
McDonald's Double Quarter Pounder Sandwich <b>730 cals</b>	1 hr jogging <b>413 cals</b>
Regular size bag of M&Ms <b>240 cals</b>	1 hr walking <b>207 cals</b>

\*calories burned during exercise based on the average 130 lb person

# 1 🍊 Easy Ways To:

## INCREASE Your Activity

Two recent studies published in the Journal of the American Medical Association have confirmed that exercising at a less intense level – specifically walking 10,000 steps a day – can be as effective as a traditional exercise program.

Most of us take between 2,000-3,000 steps a day just in the course of living and working. Here are some easy ways to increase your daily number of steps!

- 1 **Take a walking break** instead of a coffee break
- 2 **Mow your yard** using a push mower
- 3 **Get up to change the channel** and walk during commercial breaks
- 4 **Use the stairs** instead of the elevator
- 5 **Walk during your lunch hour** for 10 minutes
- 6 **Clean your house** to upbeat music
- 7 **Walk while talking** on your cell or cordless phone
- 8 **Take a walk after dinner** instead of sitting on the couch
- 9 **Walk to a co-worker's desk** instead of using the phone or email
- 10 **Get up from your desk** every hour and take a two-minute walk

**SmartBite**

You can buy a pedometer at a local sports store to see how many steps you take on an average day. Then, set small, attainable goals to increase the number of steps you take on a daily basis!



## BOOST Your Metabolism

- 1 **Always eat breakfast!** Skipping breakfast sends the message to your body that you're starving because you haven't had food in over 18 hours. As a protective mechanism, your metabolism then slows down.
- 2 **Eat earlier in the day!** Research has demonstrated you can lose weight simply by eating a substantial breakfast and lunch, and a light dinner.
- 3 **Never eat fewer than 1,200 calories per day.** Less than 1,200 calories is usually not enough to support your metabolism.
- 4 **Snack frequently, but not on potato chips!** Complex carbohydrates (fruits, vegetables and grains) will heat up your metabolism.
- 5 **Eat more carbohydrates and less fat.** Carbohydrates boost your metabolism and have fewer calories per weight than fat.
- 6 **Look for ways to be active.** Park as far away from the store as you can. Use the stairs instead of the elevator. Look for opportunities to incorporate exercise into your daily tasks.
- 7 **Watch those calories!** Be aware of the balance between how many calories you are eating and how many you are expending. Taking time to journal and calorie count may give you insight on your current habits.
- 8 **Drink plenty of water every day.** Your metabolism needs plenty of water to function properly. Lack of water can slow down the metabolism just as lack of food.
- 9 **Do some type of aerobic exercise on a daily basis.** Walking, jogging, dancing, even gardening and house cleaning can be great aerobic exercise!
- 10 **Avoid the "3 P's"... pills, powders and potions.** There are NO quick fixes!

