



**Your weight is like a balancing act – height, genetics, metabolism, behavior and environment affect how much you weigh.**

The body burns calories doing basic functions such as breathing and sleeping. However, people who are more active burn more calories which makes it easier to keep weight down.

### **Find an Energy Balance**

To stay fit, you must have a balance between the amount of energy (calories) that goes in your body in the form of food and drinks, and the energy out.

- Equal amount of energy IN and OUT = Weight stays the same
- More energy IN than OUT over time = Weight gain
- Less energy IN than OUT over time = Weight loss

Though your energy IN and OUT does not have to balance exactly every day, the balance over time determines whether you can maintain a healthy weight. Since children need energy to grow properly, the energy balance in children occurs when the amount of energy IN and OUT supports natural growth without promoting excess weight gain.

**Energy IN Suggestions:** Eat portions no larger than your fist; eat a low-fat, high-fiber breakfast; cut high calorie foods such as cheese and chocolate into smaller pieces in order to eat less.

**Energy OUT Suggestions:** Get on a regular exercise schedule and make physical activity part of your family's weekly regimen.

