



# Balancing diet and exercise

Weight loss requires two things: diet and exercise. Your diet is made up of the calories you take in each day, and the exercise you do results in how many calories you burn off each day.

Calories are what our bodies use for energy. The calories listed on a food label are a measurement of how much energy a food gives you after you eat it. But finding a healthier balance is not just about making better food choices. It also means fitting more activity into your day.

The recommended amount of exercise for good health is 30 minutes of moderate-to-vigorous activity each day. To lose weight, you need to increase your physical activities. This means if you are not currently physically active on a daily or weekly basis, you will have to start exercising to lose weight.

If you are already physically active, you will have to increase the length of time, frequency, or the intensity of your workout to lose weight. How much activity do you usually get now? If it's only 15 minutes each day, try adding a 15 or 20 minute walk during your lunch break. If it's only two days a week, try increasing it to four.

## It's just basic math!

### Weight gain

If you take in more calories than your body needs and do not burn any calories off, you will gain weight. For example, say your body needs 1500 calories each day to keep the same weight. If you take in 2000 calories, and do not burn any of those calories off, you will have a 500 calorie excess, and you'll gain weight.

### Weight loss

If you burn off some of the calories you take in, you will lose weight. (As long as you don't take in too many calories!) For example, say your body needs 1500 calories each day to keep the same weight. If you take in 1500 and burn 500 of those calories off, you will lose weight. (If you take in 2000 and burn 500, you will not lose weight.)

### Maintaining weight

If your body needs 1500 calories to keep the same weight, and you take in 2000 and burn off 500, your weight will remain the same.

Find a sensible balance between diet and exercise, and make it part of your lifestyle.

**More activity. More balance. More you.**

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