

Session 7: **Tip** the Calorie Balance.

The Lifestyle Balance Program involves:

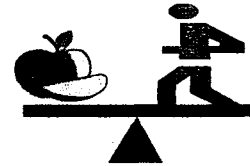
1. Healthy eating.
This includes eating less fat and more grains, fruits, and vegetables.
2. Being active.

Both relate to weight loss.

Both are part of the "calorie balance."

Calorie balance: The balance between the calories (energy) you:

- Take in by eating and
- Use up by being active.



When you eat food, you take in calories.



Calories in **food** come from fat, starches and sugars, protein, or alcohol.
Fat is the highest in calories per gram.

	Fat	Starches/sugars	Protein	Alcohol
Calories/gram	9	4	4	7

Calories also measure the energy you use up.

You use calories for just staying alive (like breathing) and
by **being active**.

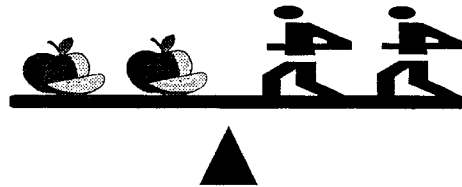
**Rule of thumb:
1 mile of brisk walking (15-20 minutes) = About 100 calories**

Your weight is a result of the **balance** between  food (calories in) and  activity (calories out).

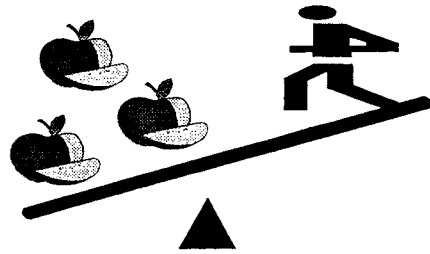
Food Calories

Activity Calories

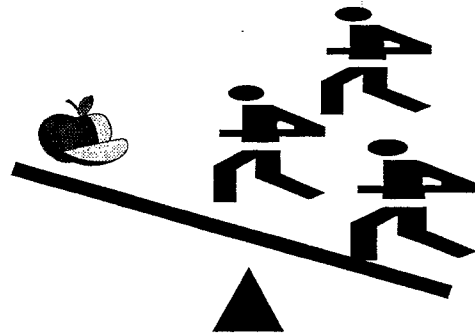
1. Your weight can **stay the same.**



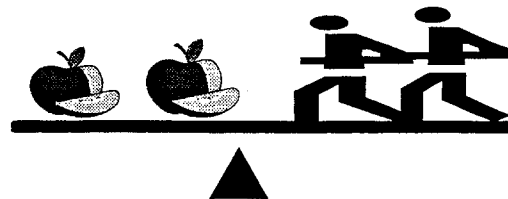
2. You can **gain weight.**



3. You can **lose weight.**



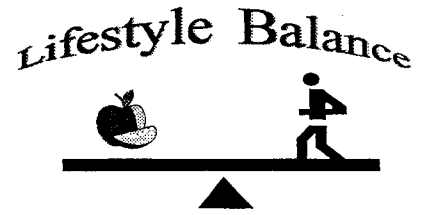
4. You can reach a **new balance at a new weight.**



Remember:

Food and being active work together.

To lose weight, it's best to eat less **and** be more active.
That way, you change both sides of the balance at once.



By TIPPING the balance...

⇒ **You can lose the weight you want.**

Then, over time, you can reach a new balance at a new, lower weight.

Make the changes part of your lifestyle...

⇒ **You will keep the weight off.**

How much to **tip** the balance?

- ☞ 1 pound of body fat stores about 3,500 calories.
- ☞ Slow, steady weight loss (1-2 pounds/week) is the best way to lose body fat.

To lose:	Tip the balance by this number of calories:
1 pound/week	3,500 per week (or 500 each day for 7 days)
1-1/2 pounds/week	5,250 per week (or 750 each day for 7 days)
2 pounds/week	7,000 per week (or 1,000 each day for 7 days)

Again, for weight loss, it's best to eat less **and** be more active.

Changes you've made so far



To be more active (both to reach your goal and be active in general):



To eat less fat (and fewer calories):

Have these changes *tipped the balance*?

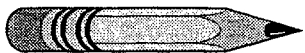
Your weight at the start of Lifestyle Balance:	_____
Weight now:	_____
Expected weight by this time:	_____

You have:

- Stayed at the same weight, or gained weight.**
 - To lose weight, try something else to tip the balance.
 - We'll work together to find what will work better for you.

- Lost some weight, but not as much as expected.**
 - Good. You've made some progress.
 - To lose more weight, try something else to tip the balance *further*.

- Lost as much weight as expected (or more).**
 - Great! You've tipped the balance.
 - Keep tipping the balance, and you'll keep losing weight.



To do next week:



I will:

- Keep track of my weight, eating, and activity.**

- Be active for _____.**

Try setting aside one block of time. Or find 2-3 shorter time periods.

Include the Lifestyle Balance activity sessions.

Plan other activities you LIKE to do.

	What I will do	When	Minutes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
Total minutes for the week:			

- Make active lifestyle choices throughout the day:**



- To tip the balance further, I will:**

- Keep track of calories every day. Stay under _____ calories.**
 - Watch out for foods that are high in calories.
 - Be sure to record *everything*.
 - Watch portion sizes.
- Follow a meal plan for _____ calories per day.**