

# Session 8 or 7: **Tip** the Calorie Balance.

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The Lifestyle Balance Program involves:

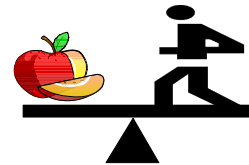
1. Healthy eating.  
This includes eating less fat and more grains, fruits, and vegetables.
2. Being active.

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.

	<b>Fat</b>	<b>Starches/sugars</b>	<b>Protein</b>	<b>Alcohol</b>
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**.

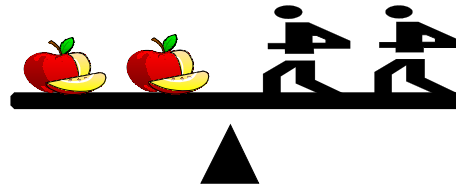
Rule of thumb:  
**1 mile of brisk walking (15-20 minutes) = About 100 calories**

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

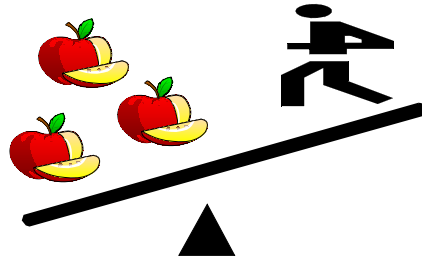
Food Calories

Activity Calories

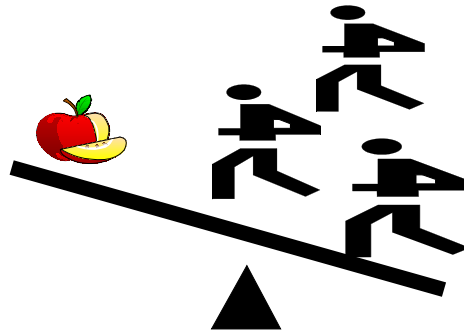
1. Your weight can **stay the same.**



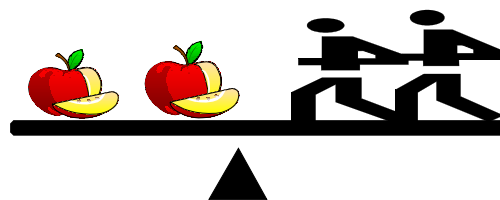
2. You can **gain weight.**



3. You can **lose weight.**



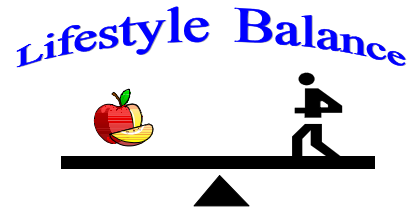
4. You can reach a **new balance at a new weight.**



## 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.

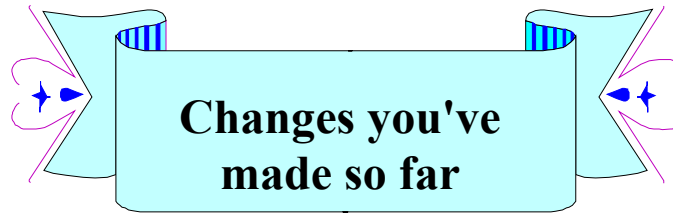
**Make the changes part of your lifestyle...  
You will keep the weight off.**

## 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:
<b>1 pound/week</b>	3,500 per week (or <b>500 each day</b> for 7 days)
<b>1-1/2 pounds/week</b>	5,250 per week (or <b>750 each day</b> for 7 days)
<b>2 pounds/week</b>	7,000 per week (or <b>1,000 each day</b> 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):

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**To eat less fat** (and fewer calories):

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**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.**

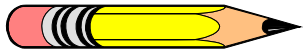
- ❖ To lose weight, try something else to tip the balance.
- ❖ We'll work together to find what will work better for you.

**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			
<b>Total minutes for the week:</b>			

**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.**