Session 8 or 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.

<table>
<thead>
<tr>
<th>Calories/gram</th>
<th>Fat</th>
<th>Starches/sugars</th>
<th>Protein</th>
<th>Alcohol</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9</td>
<td>4</td>
<td>4</td>
<td>7</td>
</tr>
</tbody>
</table>

**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).

<table>
<thead>
<tr>
<th>Food Calories</th>
<th>Activity Calories</th>
</tr>
</thead>
</table>

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.

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

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?

<table>
<thead>
<tr>
<th></th>
<th>Your weight at the start of Lifestyle Balance:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight now:</td>
</tr>
<tr>
<td></td>
<td>Expected weight by this time:</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>What I will do</th>
<th>When</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.