



FIND YOUR balance



An important part of being healthy and feeling good is achieving **energy balance**. Making choices that balance what you eat and drink (energy in) with what your body needs and how much you move (energy out) helps you maintain a healthy weight.

nrgBalance 12345! gives you five things to strive for to achieve energy balance every day. Pick one to focus on this month, and add another one next month. Keep going...and before you know it, you'll be on your way to finding your balance!



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1

MOVE 1 HOUR OR MORE

Get one or more hours of physical activity each day

Physical activity doesn't have to happen all at once – shooting hoops for 20 minutes, walking to and from school 15 minutes, and walking the dog 15 minutes twice a day adds up to at least an hour. Your mind and body will feel better if you move more!

TIPS

- **Work physical activity into your daily routine** walk to school, join a sport team, bike with friends.
- **Try fun stuff that gets you moving** skateboard, in-line skate, do yoga, swim, and dance!

2

TURN IT OFF AFTER 2

Watch two or less hours of television and movies each day

No surprise – when you watch more, you move less. Replace inactive screen time with more activity and you'll meet two nrgBalance goals!

TIPS

- **Begin with cutting one hour of your typical television and movie viewing time each day**
- **Ditch the screen during homework.** Without the distraction from the TV or computer, you may finish it sooner!

