



FIND YOUR balance

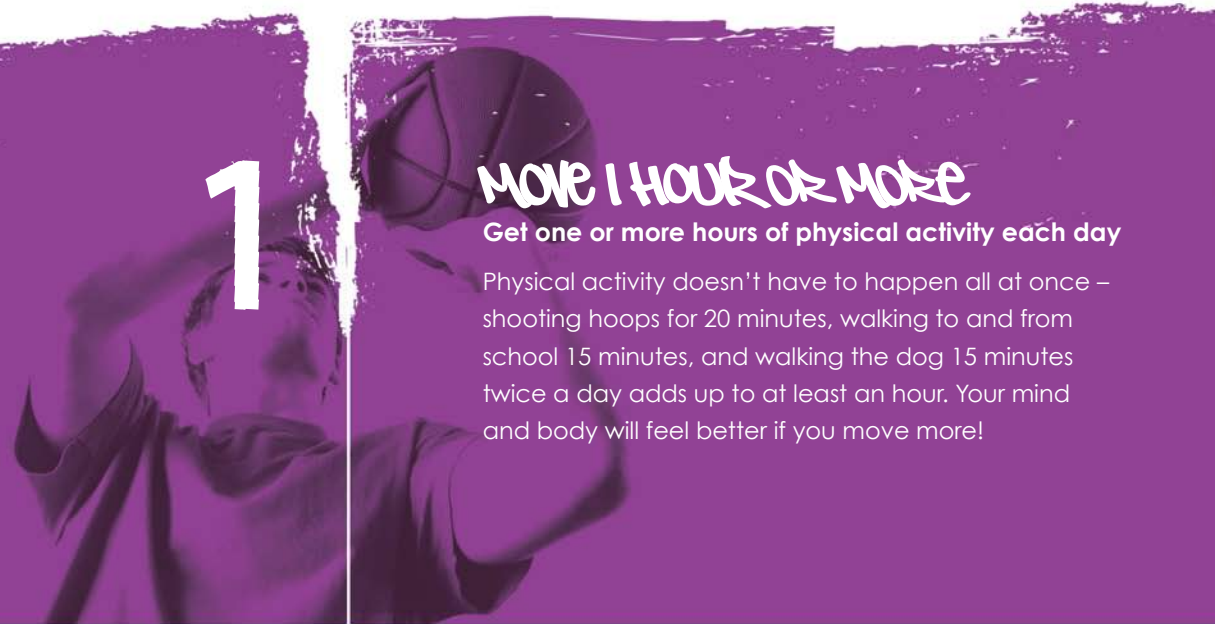


An important part of being healthy and feeling good is achieving **energy balance**. Making choices that balance what you eat and drink (energy in) with what your body needs and how much you move (energy out) helps you maintain a healthy weight.

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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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!



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!



3

DON'T SKIP - EAT ALL 3

Eat 3 balanced meals each day

Skipping certain meals (especially breakfast!) can actually lead to weight gain. Eat 3 meals a day – with one to two healthy snacks a day if you're active – to fuel your active lifestyle and growth.

TIPS

- **Power up with breakfast**
- include at least 3 food groups such as whole grains, fruit, and non-fat/low-fat dairy or lean protein.
- **Try to include every food group at each meal**
school, fast food, and home. Choose whole grains, fruits and vegetables most often, then dairy and lean meats, and fats and sugars least often.



4

WATER DOWN YOUR BEVERAGE CALORIES

Drink 4 or more glasses of water or low/no-calorie beverages each day

Soft drinks are the leading source of added sugars in your diet. There are healthy drinks that taste good that do not pack the sugar punch.

TIPS

- **Kick up the taste of water with low calorie flavor enhancers**, such as a small amount of natural juice (lemon, lime, or orange), frozen (without added sugar) or fresh fruit
- **Make it a habit –** instead of sugary drinks, have a glass of water or low-fat or non-fat milk with each meal



5

STRIVE FOR 5

Eat 5 or more servings of fruits and veggies each day

You know you should, but most teens don't. In a recent nationwide survey, only 25% of teens were eating five servings of fruits and veggies a day.

TIPS

- **Have at least one fruit or vegetable during each meal and snack.** With three meals plus two snacks, you've got your 5!
- **A little prep makes grab and-go fruits and veggies easy.** Put washed and sliced fruits and veggies in easy-access containers in the fridge.

The choice is yours. Get started today at
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