

What is Energy Balance?

A: Intake calories = Calories burned (you will maintain weight)

B: Intake calories < Calories burned (you will lose weight)

C: Intake calories > Calories burned (you will gain weight)

BUT our body's
LOVE equilibrium.



Our body will FIGHT
to stay in equilibrium!

Factors that impact Weight:

- Genetics (Inherited Factors)
- Environment (Work, Transportation, Where you Live, What do you have access to?)
- Behavioral (Activities, Exercise, Habits, Stress)
- Metabolism (Chemical reactions in the body's cells that change food into energy)



Remember! All foods fit within a healthy diet.

Nutrition Basics:

- Our bodies run on **Energy**, aka **Calories**
- **Macronutrients:** CARBOHYDRATES, FATS, PROTEIN (Provide Energy)
- **Micronutrients:** Vitamins, Minerals, Fiber (Do not provide energy, but assist in metabolic function)

Carbs & Protein provide 4 calories/gram

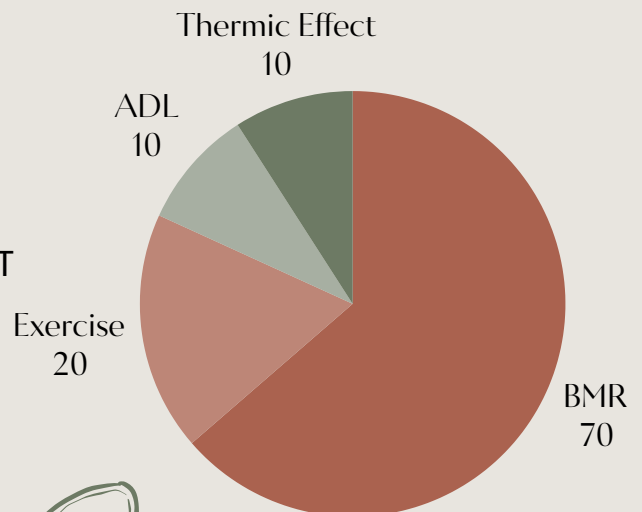
Fat provides 9 calories/gram

Alcohol provides 7 calories/gram

“Our bodies are hardwired to CONSERVE energy”

Ways our body burns energy aka, calories:

- BMR or REE (Basal Metabolic Rate or Resting Energy Expenditure ~70%)
- Exercise ~20%
- Activities of daily living (ADLs) or NEAT (non-exercise activity thermogenesis) ~10%
- Thermic effect of food ~10%



“Our bodies are meant to have a HIGH influx of energy in and a HIGH level of energy out.”



Importance of Movement:

- Allows for more efficient use of macronutrients
- Stimulates muscle tissue
- Impacts Insulin Sensitivity
- Affects the basal metabolic rate
- Helps our body manage stress and sleep

“We are meant to move”

Biology always wins!

- Our bodies are **hardwired** to eat and find food
- We gain weight to stay in **energy balance**

When you feed yourself and how often matters!



How much movement do you get in a day?

Be honest with yourself! Include activity of daily living/NEAT movement as well as intentional exercise

1. Intentional exercise minutes: _____
2. Steps per day or minutes of general movement (you can estimate here): _____
3. How many "feeding" times do you get per day? _____

Example:

Work towards **eating 4-6 x a day**

Example: 4 "feeding times" per day:

- Breakfast 8:30 am
- Lunch: 12:30 pm
- Snack: 4 pm
- Dinner 7:30 pm

Example: 6 "feeding times" per day:

- Breakfast: 6:30 am
- Snack: 9:30 am
- Lunch: 12 pm
- Snack: 3 pm
- Dinner: 6:30 pm
- Snack: 9:30 pm



Work towards **increasing intentional exercise and ADLs/NEAT**

Example:

- Walk 2 days a week for 15 minutes
- Every hour get up from my desk and walk 5 minutes
- Walk the dog when I get home for 10 minutes
- Go TO the grocery store (vs grocery pick up service) and park far way in the parking lot
- Monitor my steps per day. Try to add in an extra 1000 steps per day.

Feeding Goals:

Movement Goals:

Questions for my Dietitian:

