

Energy Balance

Benefits of Balancing Energy In (food you eat) with Energy Out (how much you move):

1. Helps maintain a healthy weight.
2. Allows body to function at its best!



Farmers Market or Green Cart Shopping List

Increase your heart rate by walking with your family to your local market and pick out a healthy snack!



Family Goal

Goal: Add 10 minutes of physical activity and 1 GO food every day.

Physical Activity added:

GO food added:

Monday: _____ We ate _____ !

Tuesday: _____ We ate _____ !

Wednesday: _____ We ate _____ !

Thursday: _____ We ate _____ !

Friday: _____ We ate _____ !

Saturday: _____ We ate _____ !

Sunday: _____ We ate _____ !

Fact of the Week

Added sugars in foods and drinks provide extra calories, but no additional nutrients.

Strategy

Eat a low-fat, high-fiber breakfast—it may make you less hungry later in the day. Try whole grain cereal with fruit.

Surprising Fact

Physical activity can help children sleep better. Encourage 60 minutes of physical activity daily!

Health Tip

Eat food portions that are no larger than your fist.

At-Home Tools

Books

Giraffes Can't Dance

by Giles Andreae

From Head to Toe

by Eric Carle

Elephants Cannot Dance!

by Mo Willems



New Energy Words to Use

1. Move
2. Play
3. Balance
4. Energy



Did you know...

Calories are needed for the body to perform basic functions, like breathing and sleeping. Many more calories are used during physical activities that increase the heart rate.

Activities

Get Moving Together!

Walk faster than you normally do. Challenge family members to speed-walking contests!

Freeze Dance Parties!

Turn on a variety of music and dance. When the music stops, strike a pose and balance.



Balanced Recipes

GO Snack

Spread a teaspoon of fat-free or low-fat cream cheese on a piece of toasted whole grain bread. Place tomato slices on top.

and

Physical Activity

Pack water in a reusable bottle and enjoy a long family walk!