



## A Balancing Act

Did you know that eating one extra Lifesaver than you need for energy balance each day would theoretically result in 1-2 pounds of weight gain each year?

Maintaining our weight is a delicate balance between energy intake and energy output. Consuming more calories than the body needs for daily activity, regardless of the level of activity, will result in extra body fat.

So, when you start noticing your clothes are getting a little tighter, take a close look at both sides of the equation and make adjustments to your output or your input. Usually, simple adjustments can tip the scales in the other direction!

For more information on maintaining energy balance, contact the **Health and Wellness Center (HAWC)** or **Dietitian**.

***Shape Your Future... Your Weigh!™***