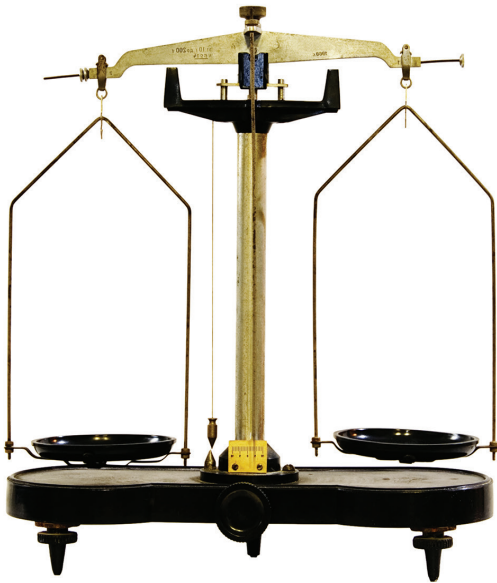




MODULE THREE

Tip the Balance



What is an energy balance?

Calories are the energy in food. They fuel everything you do from sleeping to running a marathon. Calories can come from carbohydrates, fat, protein, and alcohol. If your body doesn't need them to fuel current activity, it stores them for later use. Weight control is linked to energy balance. If you eat more calories than you use, you'll gain weight. If you eat fewer calories than you use, you'll lose weight.

*What you eat is just as important as how much you eat.
Quality counts, not just quantity!*

“I got on board with the caloric diary, which made me start thinking about what I was putting in my mouth.”

– Rodney, lost 52 pounds

Calories In (Food & Beverages)

- Calories Out (Activity & Metabolism)

= Weight Loss or Gain

Even something that seems harmless enough can impact the energy balance. For example, eating one extra cookie (about 100 calories) every day would add up to about an extra 10 pounds over a year! (That's if your physical activity level stays the same.) On the other hand, if you ate one fewer cookie every day, you'd lose about 10 pounds over a year!

In This Module You Will:

1. Recognize the link between calories and weight.
2. Identify your eating patterns.
3. Learn how to burn more calories than you take in.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Your Calorie Goal

Your calorie goal is the estimated daily caloric intake you will need to achieve your weight-loss goal. If you take in fewer daily calories than your body needs for its daily activity level, your body will use stored body fat as energy—causing you to lose weight. On the other hand, if you take in more daily calories than your body needs for daily activity, your body will add to its fat reserves—causing you to gain weight. Together, we hope to help you change your energy balance!



There are basically three ways to lose or gain weight:

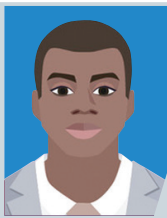
1. Adjust your daily caloric intake.
2. Adjust your daily activity level.
3. A combination of #1 and #2.

To lose weight, it is recommended that you create an **energy deficit of at least 500 calories/day**. Generally, you can achieve this deficit with a dietary intake of:

1200-1500 calories/day for women
or
1500-1800 calories/day for men

You can expect better results if you use the lower number from the recommended daily calorie range. If you want a more tailored daily calorie goal specific to your age, sex, height, build, and weight, talk to your MOVE! Team.

My daily target calorie goal is: _____



Smart Alex

“One pound of body fat is equivalent to 3,500 calories. To lose one pound per week, you would need to cut your current daily intake by a minimum of 500 calories. This moves up to a 1,000-calorie daily reduction to lose two pounds per week. As weight is lost and your body’s composition changes, you may need to reevaluate your daily calorie goal.”

Tarik's Story

Tarik has struggled with managing his weight for most of his life. At his last check-up, Tarik's doctor urges him to lose 30 pounds at a rate of 1 pound per week. To learn more about how to accomplish this goal, Tarik signs up for his local MOVE! Program. Tarik learns he needs to burn 3,500 more calories than he takes in each week. That's 500 calories per day. His MOVE! Facilitator explains Tarik can cut 500 calories per day by:

1. Changing his eating habits and taking in 500 fewer calories each day
2. Being more active and burning 500 more calories each day
3. Cutting 500 calories through a mixture of eating and activity changes

Tarik needs about 2,200 calories a day just to stay at the same weight. If he cuts 500 calories per day, that leaves him with a target of 1,700 calories. To Tarik, that doesn't sound like a lot of calories to work with, so he decides to reach his goal through a mixture of eating and activity.

Let's see how Tarik does on Sunday.

What Tarik needs to maintain his current weight: 2,200 calories/day

Tarik's calorie goal to lose weight: 1,700 calories/day



Tarik beat his goal by 30 calories!

Food	Calories In
Breakfast	400
Morning snack	100
Lunch	500
Afternoon snack	100
Dinner	600
Evening snack	200
Total	1,900

Physical Activity	Calories Out
Brisk morning walk	70
Mows the lawn	90
Brisk evening walk	70
Total	230

Calories In	1,900
Calories Out	- 230
	<hr/>
	= 1670

Eating Fewer Calories

To meet your recommended daily calorie intake, it is important to understand your current eating habits. Being aware of what, when, why, and how you eat will help you identify eating patterns and ways to eat fewer calories.



What Are My Eating Patterns?

Look for patterns in last week's food records. See if you can identify:

What times of the day are you most likely to eat?

Do you tend to snack at certain times of the day?

How much do you usually eat in one sitting? Do you usually skip meals? What else can you learn from your food records?

It's important to learn what situations trigger unhealthy eating. Think about your eating habits and record patterns that you see. For example:

1. I ate when I wasn't hungry.
2. I skip meals a lot!
3. I tend to overeat when I eat out.
4. I eat a lot of prepackaged high-calorie foods (like frozen pizza).

Fill in your own below:

1: _____

2: _____

3: _____

4: _____

5: _____



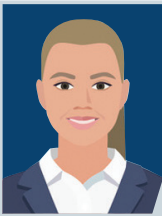
Hannah's How-To Eat Fewer Calories

“One way to cut calories is to think about making healthy substitutions to the foods you are already eating. For example, use cooking spray instead of butter when frying eggs. Use the table below to think about how you can start making healthy substitutions.”

Breakfast - Healthy Swap	Calories Saved
1 cup fat-free milk <i>instead of</i> 1 cup whole milk	63
1 squirt cooking spray <i>instead of</i> 1 pat butter	34
2 pats reduced calorie margarine <i>instead of</i> 2 pats butter	36
Lunch - Healthy Swap	Calories Saved
2 tomato slices, ¼ cup sliced cucumbers, and 2 onion slices <i>instead of</i> ¾ ounce cheese and 1 ounce ham	154
½ cup diced raw pineapple <i>instead of</i> 1 ounce potato chips	118
½ Tbsp. regular ranch dressing <i>instead of</i> 2 Tbsp. regular ranch dressing	109
Side salad with low-fat vinaigrette <i>instead of</i> a medium order of French fries	270
Dinner - Healthy Swap	Calories Saved
½ cup steamed broccoli <i>instead of</i> ½ cup broccoli fried in ½ Tbsp. vegetable oil	62
1 cup part-skim ricotta cheese <i>instead of</i> 1 cup whole milk ricotta cheese	89
¼ cup pasta with tomato sauce side dish <i>instead of</i> 1 cup pasta with tomato sauce entree	138
One slice of a cheese pizza <i>instead of</i> one slice of a meat and cheese pizza	60
Snacks - Healthy Swap	Calories Saved
3 cups air-popped popcorn <i>instead of</i> 3 cups oil-popped popcorn	73
8 ounces sugar-free nonfat yogurt <i>instead of</i> a package of 6 peanut butter crackers	82
1 bottle sparkling water <i>instead of</i> a 12-ounce can regular soda	136
One large orange <i>instead of</i> 3 chocolate sandwich cookies	54

Source: Ideas for Every Meal. Department of Health and Human Services. Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html

How might you start making healthy substitutions in your next meal?



Hannah's How-To Rethink Your Drink

“Another way to cut calories is to think about how much you drink. This chart shows the calories in a variety of drinks, from highest to lowest. For high-calorie drinks, size really matters. Reducing the amount you drink from 20 ounces to 12 ounces can save you calories each day.”

Type of Drink	Calories in 20 oz.	Calories in 12 oz.	Calories Saved
Fruit punch	320	192	128
100% apple juice	300	180	120
100% orange juice	280	168	112
Lemonade	280	168	112
Regular lemon-lime soda	247	148	99
Regular cola	227	136	91
Sweetened iced tea	225	135	90
Tonic water	207	124	83
Regular ginger ale	207	124	83
Sports drink	165	99	66
Fitness water	36	18	18
Unsweetened iced tea	3	2	1
Sparkling water (unsweetened)	0	0	0
Water	0	0	0

Circle the drinks you usually have.

How can you reduce your calorie intake from each drink? For example, will you reduce the amount you drink or switch to another lower calorie drink?



Review the table on Types of Milk.

Type of Milk	Calories in 8 oz.
Chocolate milk (whole)	208
Chocolate milk (2%)	190
Chocolate milk (1%)	158
Plain milk (whole)	150
Plain milk (2%)	120
Plain milk (1%)	105
Plain milk (fat free)	90

Source: USDA National Nutrient Database for Standard Reference

“A few months ago, I bought a pizza and ate four slices, but I noticed the next day that I was up 3 pounds. So instead of eating the remaining slices, I threw them away and did some extra walking over the next couple of days.”

– Michael, lost 62 pounds

What type(s) of milk do you currently drink?

Do you see a benefit of switching to a lower calorie milk?



Teresa's Tips

“Next time you make a trip to your favorite coffee spot consider these tips for reducing your calorie intake.

- Ask for your drink to be made with skim milk instead of whole milk
- Order the smallest size you can get
- Hold the flavors. Flavor syrups contain sugar and add calories
- Skip the whip. The whipped cream on top of coffee drinks adds calories and fat
- Order a plain cup of coffee with skim milk, or drink it black”

Burning More Calories



Hannah's How-To
Burn More Calories

“The following table provides the number of calories burned doing 10 minutes of each physical activity listed. The calories will vary depending on a number of factors including weight, age, and environmental conditions. The figures given are for men ranging in weight from 175-250 pounds and women ranging from 140-200 pounds. If you weigh more than this, you will burn more calories per minute.”

Calories Burned in 10 Minutes		
Light Activity	Men	Women
Ballroom dancing	35-50	28-40
Cleaning, sweeping at moderate effort	26-38	21-30
Washing dishes	29-42	23-30
Tai Chi	35-50	28-40
Moderate Activity		
Walking at 4 miles per hour	58-83	46-66
Bicycling at <10 miles per hour	46-66	37-53
Step aerobics	64-91	51-73
Mowing the lawn	64-91	51-73
Raking leaves	44-63	35-50
Shoveling snow	61-88	49-70
Bowling	44-63	35-50
Golf, walking and pulling clubs	61-88	49-70
Slow lap-swimming	63-90	54-72
Vigorous Activity		
Jogging (9 minutes/mile)	149-213	119-170
Basketball	75-108	60-86
Carrying groceries upstairs	87-125	70-100

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?



“Within the first week, I started losing weight using the tools MOVE! taught me. As the weeks went on, I learned how to shop for food in a healthier way, what foods I should stay away from, and about starting an exercise regimen and actually sticking with it.”

– Ralph, lost 25 pounds

Module Summary

Energy Balance

Weight management is a balance between calories you take in (food and drink) and calories you use (physical activity). To lose weight, you need to take in fewer calories than you use each day.

“If you want to lose the weight, you have to set goals for yourself. For me, it meant setting a goal to walk every day.”

– Jim, lost 82 pounds

Eating Patterns

Learning about your current eating patterns is a crucial step in making healthy lifestyle changes. Only then can you begin to make specific goals. When you look at your food records, you will begin to see patterns in your eating habits. You may tend to eat more during or after certain activities or situations. Or you may skip meals or eat more during certain times of day.

How to Eat Fewer Calories

To meet your 500-calorie daily deficit, make healthy food and drink exchanges. Limiting the amount of oil, butter, cream, and fried foods you consume can help you meet your energy deficit.

How to Burn More Calories

Increase your physical activity to burn more calories and meet your daily calorie deficit. There are many kinds of activities that can help keep you engaged and moving!

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider your energy balance as you set goals for eating wisely and physical activity.
4. Review Module 4 in preparation for your next meeting.