

Why “weight” any longer. Find out what is right for you!

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Each day we are bombarded with information about diets and dieting. We are presented with an overwhelming amount of information on what to eat, what not to eat, how much to eat and when to eat. Americans now more than ever are being challenged by managing their weight. One key component of managing weight is energy balance.

Energy balance can be thought of as easy arithmetic.....

- For weight maintenance: eat the same number of calories as you burn
- For weight loss: eat less calories than you burn
- For weight gain: eat more calories than you

In terms of weight management one pound of fat is approximately 3500 calories. In order to lose one pound of weight you need to create a deficit in your energy balance of 3500 calories. I invite you to try 1-2 of these little tips to manage your calorie budget this week:

- burn 100 calories: take a brisk 15 minute walk on your lunch break
- burn 100 calories: start your day off with a jogging one mile
- burn 100 calories: take the stairs instead of the elevator (stair time totaling 10-15 minutes throughout your day)
- save 100 calories: instead of 1/2 cup of raisins, try 1 cup of grapes
- save 100 calories: instead of 1 cup of popcorn with butter, try 1 cup of air-popped popcorn sprinkled with parmesan cheese
- save 100 calories: instead of a 16 ounce latte with whole milk, try a 16 ounce latte with 2 percent milk

Decreasing your caloric intake or increasing your exercise by 250 calories a day will result in a 1 pound weight loss every two weeks. I know what you are thinking, how can modifying my intake or exercise by your energy balance by 250 calories a day make a difference? Chew on this: eating 250 calories a day more than you burn will amount to 25 pounds of weight gain over the course of a year! On the flip side exercising to burn 250 calories a day more than you consume will result in a 25 pound weight loss over the course of a year.

Successful weight management does not need to be a chore. As with any change, taking small gradual steps result in lasting lifestyle changes. Make today the day to take charge of your energy balance. The USDA has an excellent online resource for you to use to find an energy balance plan to meet your needs. Go onto www.mypyramid.gov for more details. Good luck and best of health!