



## Session 5: Tip the Calorie Balance

The Group Lifestyle Balance Program involves 2 lifestyle changes:

1. Healthy eating. This includes eating less fat and more whole grains, fruits, and vegetables.
2. Being active.

Both relate to weight loss.

Both are part of the "calorie balance."

### Calorie balance

- Calories are a unit of measure. Calories are used to measure the energy value of foods and beverages. When you eat food, you take in calories.
- The number of calories in a food or beverage depends on the amount of protein, fat, carbohydrates (starches and sugars), and/or alcohol it contains.

Calories/Gram	Fat	Carbohydrates (Starches/Sugars)	Protein	Alcohol
	9	4	4	7

- Fat is the highest in calories per gram. Fat contains more than twice the calories as the same amount of protein or carbohydrate.
- **Calories also measure the energy you use.** You use calories for just staying alive (for bodily functions like breathing) and by **being active.**

#### Rule of thumb:

1 mile of brisk walking (15-20 minutes) = About 100 calories burned



## Food and Activity Balance

Your weight is a result of the **balance** between food (calories in) and activity (calories out). If you want to change your weight, you need to “tip the balance”.

The best way to “tip the balance” is to eat less and be more active. This will help you lose weight and improve your health.

Food  
Calories      Activity  
Calories

1. Your weight can stay the same.



2. You can gain weight.



3. You can lose weight.



4. You can reach a new balance at a new weight.





## Remember:

**Food and being active work together to control your weight and to improve your health.**

To lose weight, it's best to eat less *and* be more active. That way, you change both sides of the balance at once.

**By TIPPING the balance you can lose the weight you want.**

Then, over time, you can reach a new balance at a new, lower weight. **Make the changes part of your lifestyle and you will keep the weight off.**

### How much does it take to tip the balance?

- 1 pound of body fat stores about 3,500 calories.
- Slow, steady weight loss (1-2 pounds/week) is the best way to lose weight.

To lose:	Tip the balance by this number of calories:
1 pound per week	3,500 per week (or 500 each day for 7 days)
1-1/2 pounds per week	5,250 per week (or 750 each day for 7 days)
2 pounds per week	7,000 per week (or 1,000 each day for 7 days)

Note: Eat at least 1200 calories per day in order to have a healthy, well-balanced diet.

**For weight loss, it's best to eat less *and* be more active.**



## Changes You Have Made So Far

**To be more active** (both to reach your goal and to be more active in general):

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**To eat less fat and fewer calories:**

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**Have these changes *tipped the balance*?**

Your weight at the start of Group Lifestyle Balance: \_\_\_\_\_

Your weight now: \_\_\_\_\_

Expected weight by this time: \_\_\_\_\_

**If you have:**

**Stayed at the same weight, or gained weight.**

- To lose weight, try something else to tip the balance.
- We'll work together to find what will work better for you.

**Lost some weight, but not as much as expected.**

- Good. You've made some progress.
- To lose more weight, try something else to further tip the balance.

**Lost as much weight as expected (or more).**

- Great! You've tipped the balance.
- Keep tipping the balance, and you'll keep losing weight.

**NOTE:** if you have stayed the same, gained or not lost as much weight as expected, talk to your Coach about using a structured meal plan.



**To do:**

**I will:**

- Keep track of my weight, eating, and activity.
- Be active for \_\_\_\_\_ .

Try setting aside one block of time. Or find 2-3 shorter time periods. Plan activities you LIKE to do.

	What I will do	When	Minutes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<b>Total minutes for the week (60-90 minutes):</b>			

- Make active lifestyle choices throughout the day:** \_\_\_\_\_

**To tip the balance further, I will:**

- Lower my fat and calorie goals.**

Stay within \_\_\_\_\_ grams of fat and \_\_\_\_\_ calories.

- Watch out for foods that are high in fat and calories.
- Be sure to record *everything*.
- Watch portion sizes.

- Follow a structured meal plan for \_\_\_\_\_ calories per day.**