

What you put into your body can influence your body weight. In general:

Eating fewer calories

than your body burns;
you will



Balancing
"calories in"
with "calories out"
your weight

**Stays
the Same**

Eating more calories
than your body uses, excess calories
are stored as fat, and you



Tips for Staying in Balance



Track food and activities and read product labels



Weigh yourself



Consider your portions

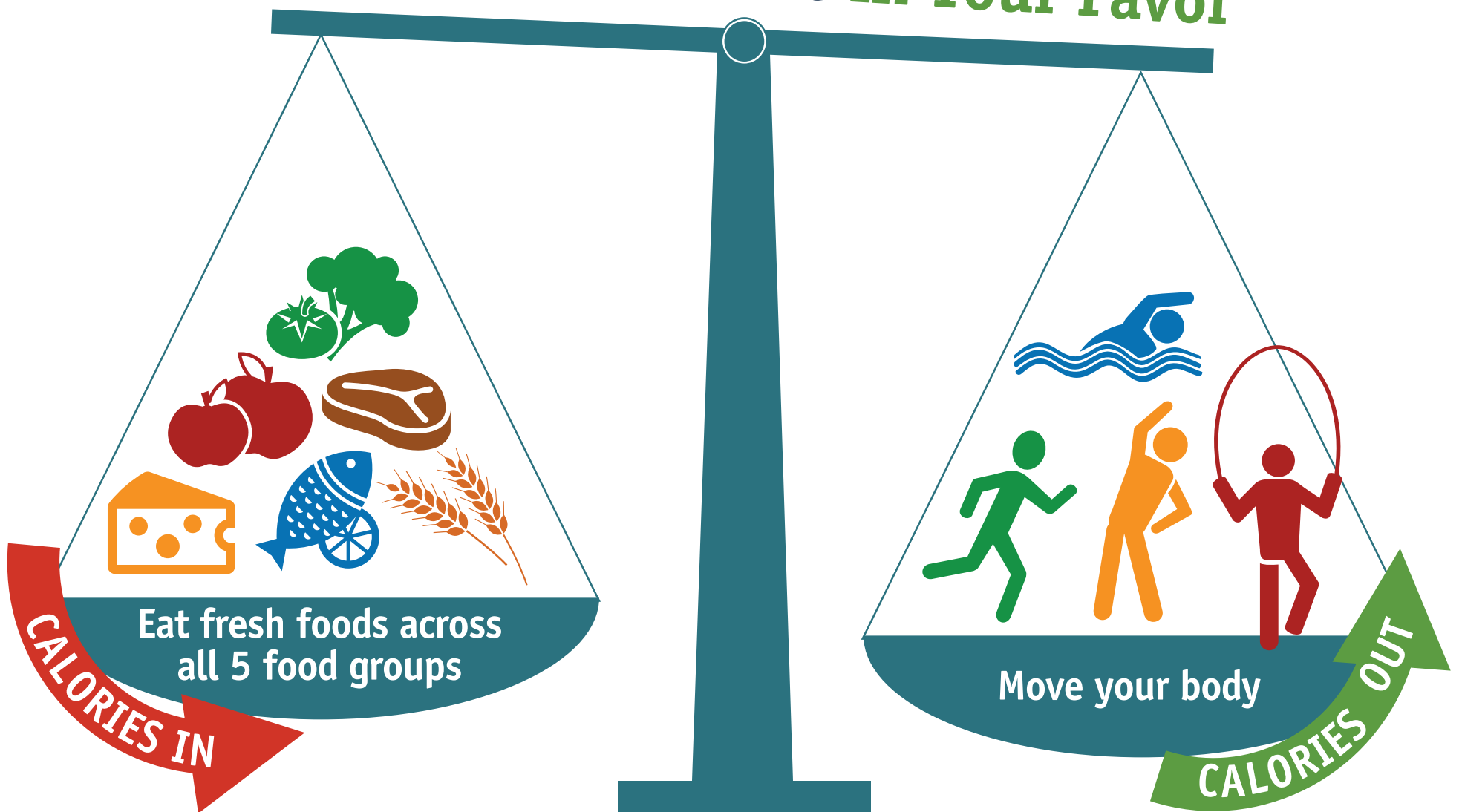


Snack mindfully



Drink water or no- or low-calorie beverages

Tipping the Balance **in Your Favor**



Visit
www.CardioSmart.org/Balance
to learn more today!