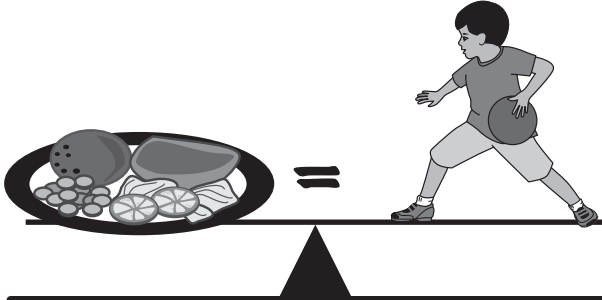
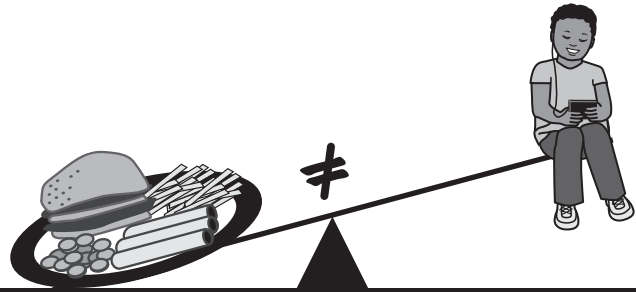


Staying Healthy is a Balancing Act

When the amount of energy coming in to your body (NUTRITION) is equal to the amount of energy you burn (PHYSICAL ACTIVITY), you will maintain (stay the same) a healthy weight.

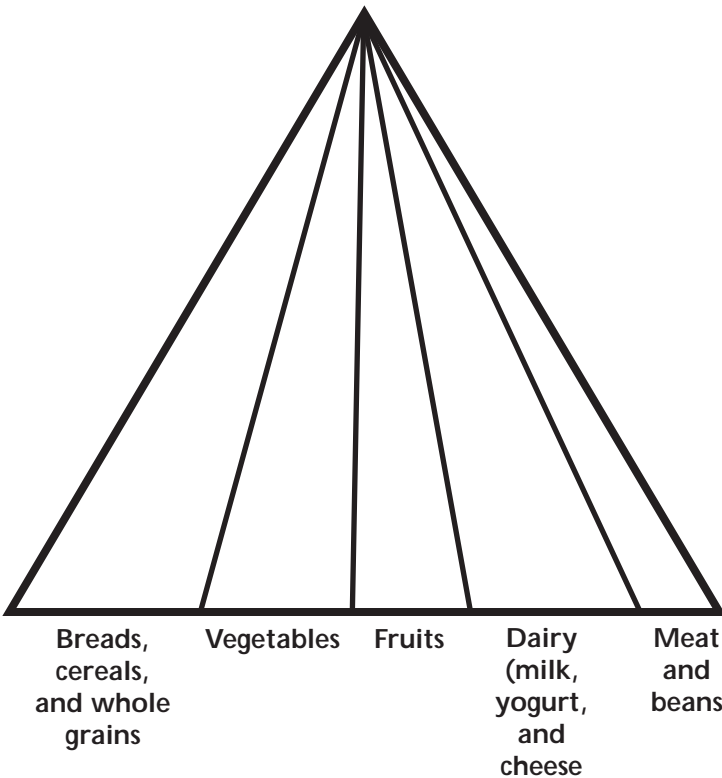


When the energy coming IN is greater than the energy going OUT, there is an imbalance. The excess energy (food) is stored in your body as fat.



Energy In = Nutrition

All foods can fit into a healthy, balanced diet. A balanced diet includes moderate portions of foods from the 5 food groups every day. Draw your favorite food in each of these groups.



Energy Out = Physical Activity

Physical activity burns the energy you eat and helps you maintain a healthy weight.

Try to be physically active for at least 60 minutes every day. Do activities you enjoy! Below are some ideas. Circle the ones you want to try.



Jumping rope



Playing tag games



Playing catch



Walking, jogging, or running

READ ALL ABOUT IT!

The Busy Body Book: A Kid's Guide to Fitness
by Lizzy Rockwell

Good Enough to Eat: A Kid's Guide to Food and Nutrition
by Lizzy Rockwell

SPARK™
K-2

