



Wellness Tip

Maintaining healthy eating, active living, and hydration can help support a balanced body weight.

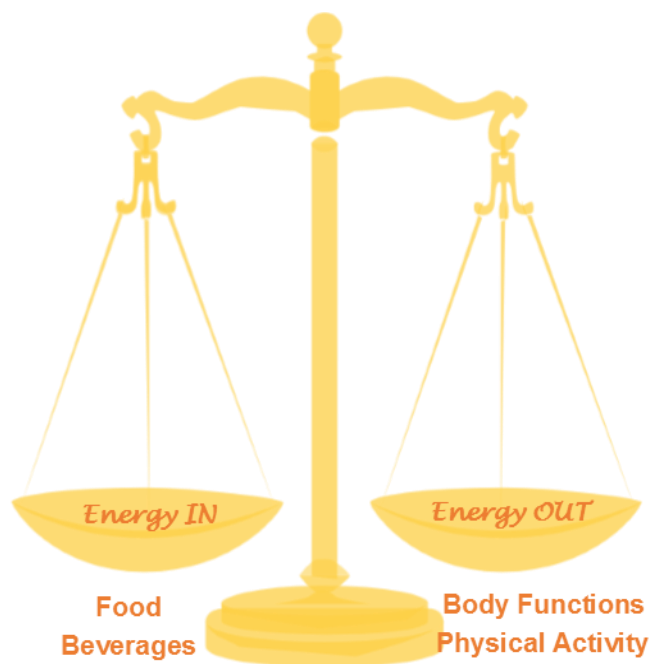
ENERGY BALANCE

Energy balance is important for maintaining a healthy weight. The amount of energy or calories you get from food and drinks (energy IN) is balanced with the energy your body uses for things like breathing, digesting, and being physically active (energy OUT):

- ⇒ *The same amount of energy IN and energy OUT over time = weight stays the same (energy balance)*
- ⇒ *More energy IN than OUT over time = weight gain*
- ⇒ *More energy OUT than IN over time = weight loss*

To maintain a healthy weight, your energy IN and OUT don't have to balance exactly every day. It's the balance over time that helps you maintain a healthy weight.

National Institutes of Health, Department of Health and Human Services



Click the links below to learn a little more about how to maintain a healthy balance.

[**Eat Healthfully and Enjoy It!**](#)

[**Why is physical activity important?**](#)

