

# STRIKING AN ENERGY BALANCE



**Reid Health**  
Heart & Vascular Center

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**

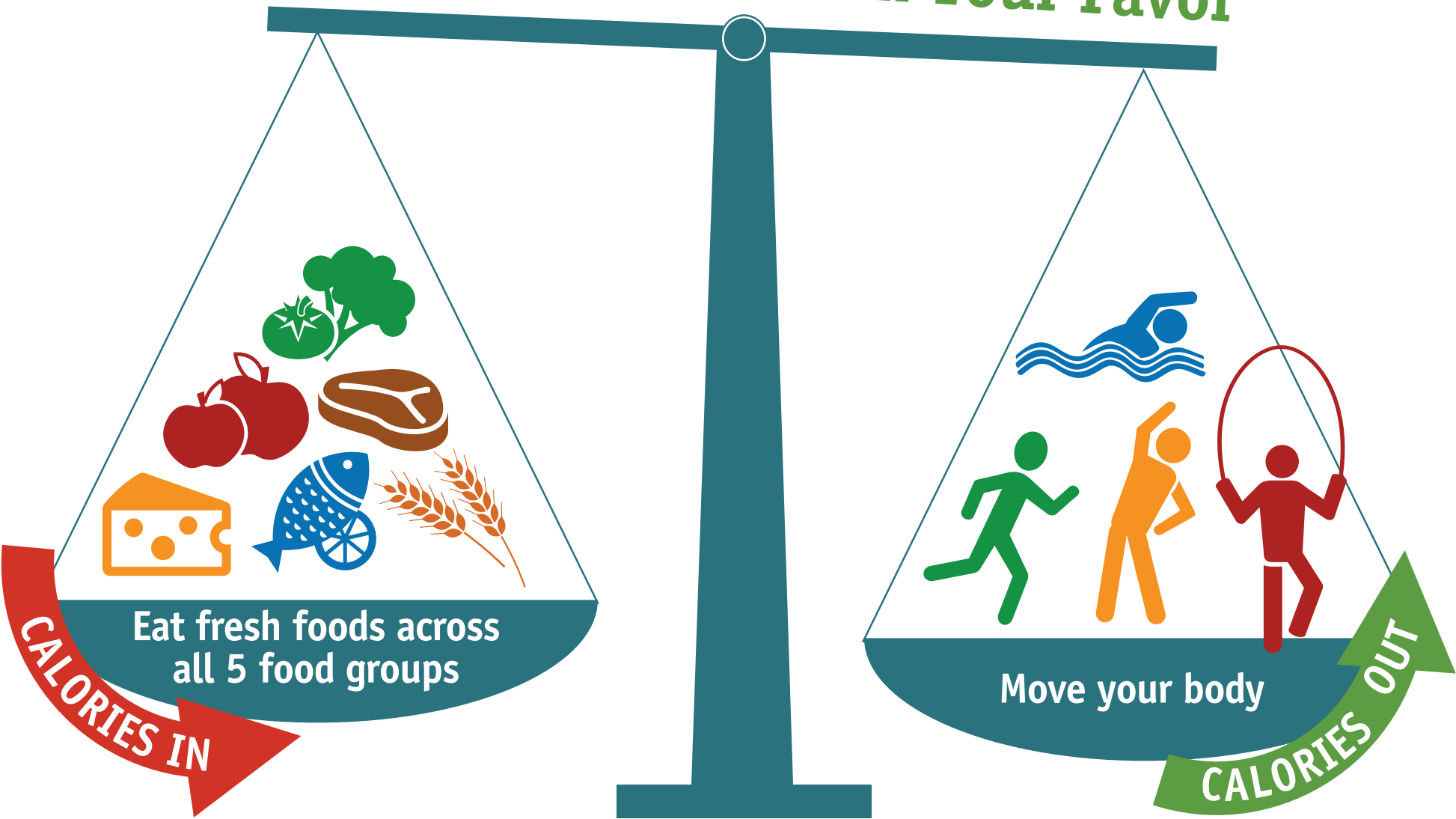


**Snack mindfully**



**Drink water** or no- or low-calorie beverages

## Tipping the Balance **in Your Favor**



Visit  
***[www.CardioSmart.org/Balance](http://www.CardioSmart.org/Balance)***  
to learn more today!

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