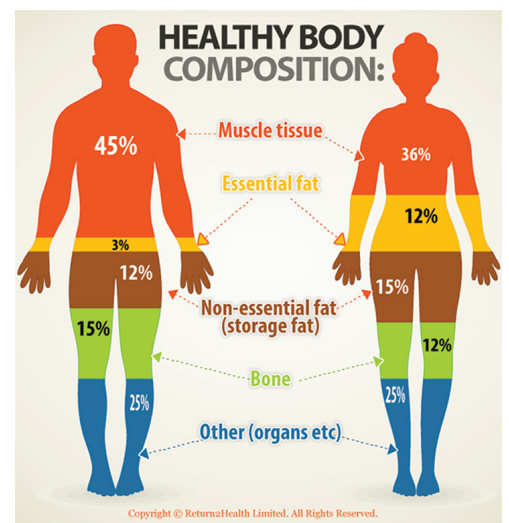


Healthy Lifestyle Program

Module 3: Energy Balance

SMART Goal:	
Objectives:	<ul style="list-style-type: none"> • Recognize healthy body composition • Learn the basics of energy balance • Apply energy balance principles to maintaining a healthy weight

Body Composition & Energy Balance



Energy In	
Energy Out	
Energy Needs	

Calories

What is a calorie?	
How to calculate your calories?	

Reading Nutrition Labels

Notes	
Start Here	
Check Calories	
% Daily Value	
Limit these Nutrients	
Get Enough of these Nutrients	
Footnotes	