



# Fit School Newsletter

*small changes today for a healthier tomorrow*

## Energy Balance

Volume 14, Issue 33

### Health Goal for the Week

**Goal: If someone in your family would like to lose weight to be healthier, make one healthy lifestyle change this week.**

The American College of Sports Medicine (ACSM) recommends that to reach your desired weight you should understand and practice energy balance. If you eat more calories than you burn each day, your body stores the extra calories as fat, and you gain weight. If you use more calories during the day than you eat, you lose weight. The people who are most successful at weight loss and who have kept the weight off use a combination of diet and exercise. The National Weight Control Registry has a database of more than 3,000 American adults "who have lost an average of 60 pounds and have kept it off for an average of six years".



These people have 4 common behaviors:

1. Eat a low-fat, low-calorie diet
2. Weigh themselves frequently
3. Keep very physically active (on average, they expend 2,800 calories per week doing activities)
4. Eat breakfast

ACSM recommends the following steps to lose weight:

1. Set a realistic goal: Look at BMI chart and talk to your health care provider to see what a healthy weight for you is
2. Make lifestyle changes: limiting portion sizes, cutting back on number of calories you eat
3. Be more physically active

### Recipe

#### **Garden Delight Pasta**

1 lb whole-wheat penne, rigatoni, or elbow pasta  
 1 15 oz can diced tomatoes  
 16 oz frozen corn, thawed and drained  
 16 oz frozen green beans, thawed and drained  
 10 oz can low-fat cream of mushroom soup  
 1 tsp garlic powder  
 ½ tsp basil  
 ½ tsp oregano  
 8 oz shredded cheddar cheese

- Preheat oven to 350°
- Cook pasta according to directions and drain
- Mix all of ingredients together except ½ of the cheese
- Spread mixture into a 13x9x2 inch dish
- Top with remaining cheese
- Bake for 20 minutes and enjoy!

**Math Connection:** A "positive energy balance" for the day means that you have extra calories that you did not burn, and you gain weight. A "negative energy balance" for the day means that you burned more energy during the day than you ate, and you lose weight. If you ate 1,600 calories today but you burned 1,700 calories, do you have a positive or negative energy balance? (Answer at bottom of next page)

### Shopping List for Recipe

\_\_\_\_\_ 1 lb whole wheat pasta  
 \_\_\_\_\_ 15 oz can diced tomatoes  
 \_\_\_\_\_ 10 oz can cream of mushroom soup  
 \_\_\_\_\_ Garlic powder  
 \_\_\_\_\_ Basil  
 \_\_\_\_\_ Oregano  
 \_\_\_\_\_ 8 oz shredded cheddar cheese  
 \_\_\_\_\_ 16 oz frozen corn  
 \_\_\_\_\_ 16 oz frozen green beans

## Families On The Move

**Family Goal: This week, plan and do a physically active family project together.**

This week is the beginning of spring. As a family, plan on doing a project together to help get you moving and also accomplish a family goal. Do you need to get your garden, garage, shed, tools, car, or home ready for the fall season? Do you know of an elderly neighbor or a family with someone away in the military that may need some extra help? As a family, choose a day and time to work on this project together. Working together to accomplish a task gets your family talking and moving toward a common goal!



## Health and Fitness Resources

### Website

American Obesity Association  
[www.obesity.org](http://www.obesity.org)

### Parent's Book

*Kid Favorites Made Healthy* by Jan Miller, Better Homes and Gardens Books, Des Moines, IA

### Children's Book

*Why Do I Vomit?: And Other Questions About Digestion* by Angela Royston, Heinemann Library, Chicago, IL

### DVD

*Eat Smart*, PBS Home Video, Pacific Arts, Los Angeles, CA

### Music CD

*Bon Appetit! : Musical Food Fun* by Cathy Fink and Marcy Marxer, Rounder Kids, Cambridge, MA

Math Answer: Negative Energy Balance

## Well-Balanced Lunch Idea

Whole-wheat pita pocket	1 small artichoke heart
1 TBLS spicy mustard	Banana
1 oz Swiss cheese	8-oz fat free milk
1/4-cup leafy greens	
2 oz canned, chunked chicken	

## Subject of the Week

### How Energy Balance Works

**+3,500 calories to gain 1 pound**

**-3,500 calories to lose 1 pound**

Let's say you were given a 1,600 calorie diet and you need 1,800 calories to stay at your current weight. Your exercise plan involves jogging, which burns about 100 calories every 10 minutes.

- Diet w/out exercise  
 -200 calorie deficit each day  $\cong$  1,400 calories deficit each week  
 $-3,500 \div 1,400 = \mathbf{2.5 \text{ weeks to lose 1 pound}}$
- Exercise 3 days per week w/out diet  
 -exercise 40 minutes 3 x week  $\cong$  1,200 calories deficit each week  
 $-3,500 \div 1200 = \mathbf{2.9 \text{ weeks to lose 1 pound}}$
- Exercise 3 days per week w/diet  
 -exercise 40 minutes 3 x week + 200 calorie deficit each day  $\cong$  2,600 calorie deficit each week  
 $-3,500 \div 2,600 = \mathbf{1.35 \text{ weeks to lose 1 pound}}$
- Exercise 5 days per week w/out diet  
 -exercise 40 minutes 5 x week  $\cong$  2,000 calories deficit each week  
 $-3,500 \div 2,000 = \mathbf{1.75 \text{ weeks to lose 1 pound}}$
- Exercise 5 days per week w/diet  
 -exercise 40 minutes 5 x week + 200 calorie deficit each day  $\cong$  3,400 calorie deficit each week  
**\*Lose about 1 pound per week**

## Healthful Energy Snacks

- Low-calorie rice cakes
- Air-popped popcorn without added fat or salt
- Apple

### Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

Published weekly September through May, 36 times a year.

Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment.

Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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