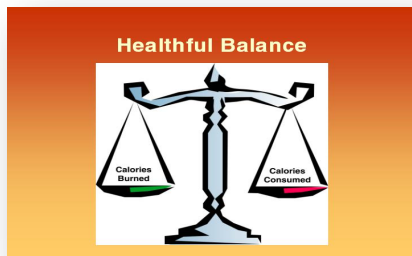


## Energy Balance Base Camp

Energy is another word for calories. Your energy balance is the balance of calories consumed through eating and drinking compared to calories burned through physical activity. Most females need fewer calories than males because they have smaller body masses and engage in less physical activity.

You burn a certain number of calories just by breathing air, digesting food, and going about your daily routine, as well as calories burned during physical activity (ENERGY OUT). What you eat and drink in any form is ENERGY IN.

**The same amount of ENERGY IN (calories consumed) and ENERGY OUT (calories burned) over time = weight stays the same**



**More IN than OUT over time = weight gain**  
**More OUT than IN over time = weight loss**

Your ENERGY IN and OUT don't have to balance every day. It's having a balance **over time** that will help you stay at a healthy weight for the long term.

Age (years)	Activity Level and Calorie Need		
	Sedentary	Moderately Active	Active

14-18	1,800 calories	2,000	2,400
19-30	2,000	2,000 - 2,200	2,400
31-50	1,800	2,000	2,200
51+	1,600	1,800	2,000 - 2,200

**Sedentary:** sitting most of the day

**Moderately Active:** In addition to daily routines around the house, 30-45 minutes of physical activity daily that elevates heart rate

**Active:** In addition to daily routines around the house, intense exercise for nearly 60 minutes daily

For more information go to: [www.letsmove.gov](http://www.letsmove.gov)