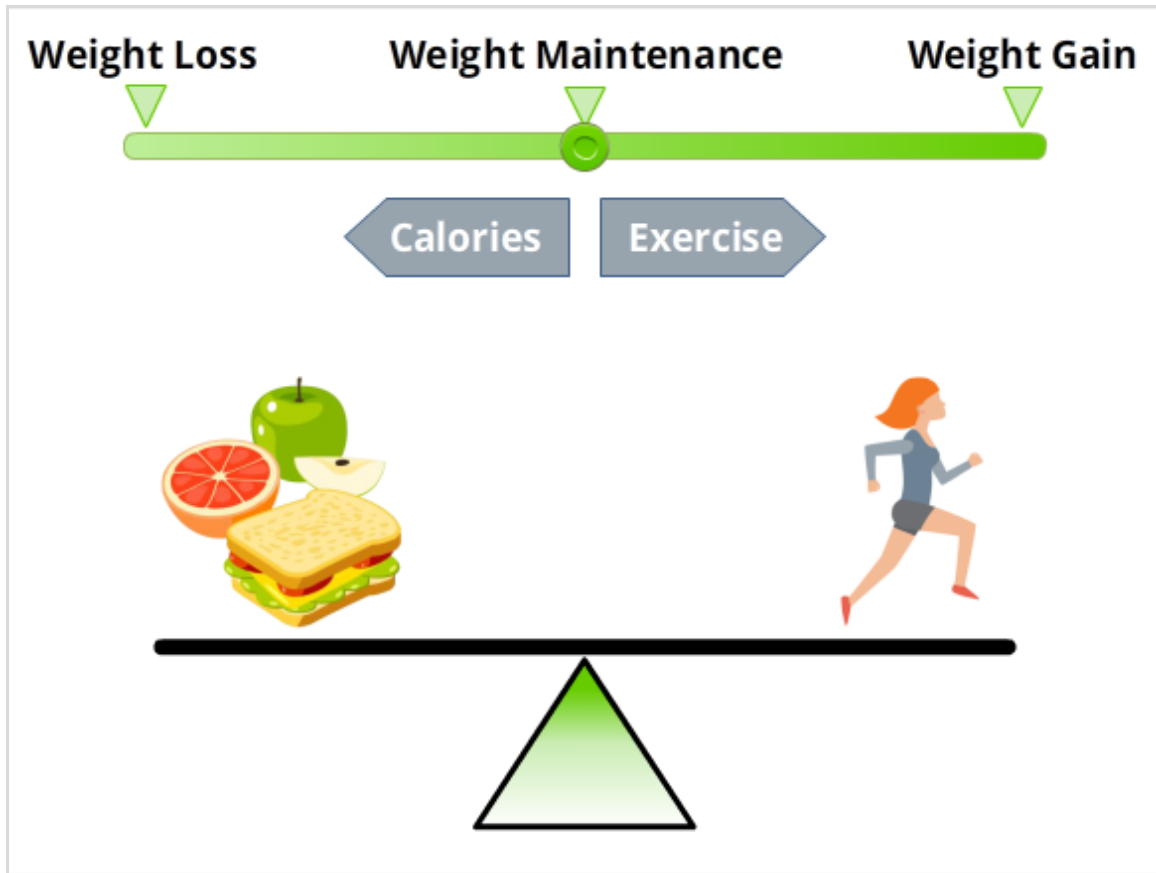


# Module 8: Lifelong Health and Wellness

## Topic 3 Content: Energy Balance Notes

### Introduction

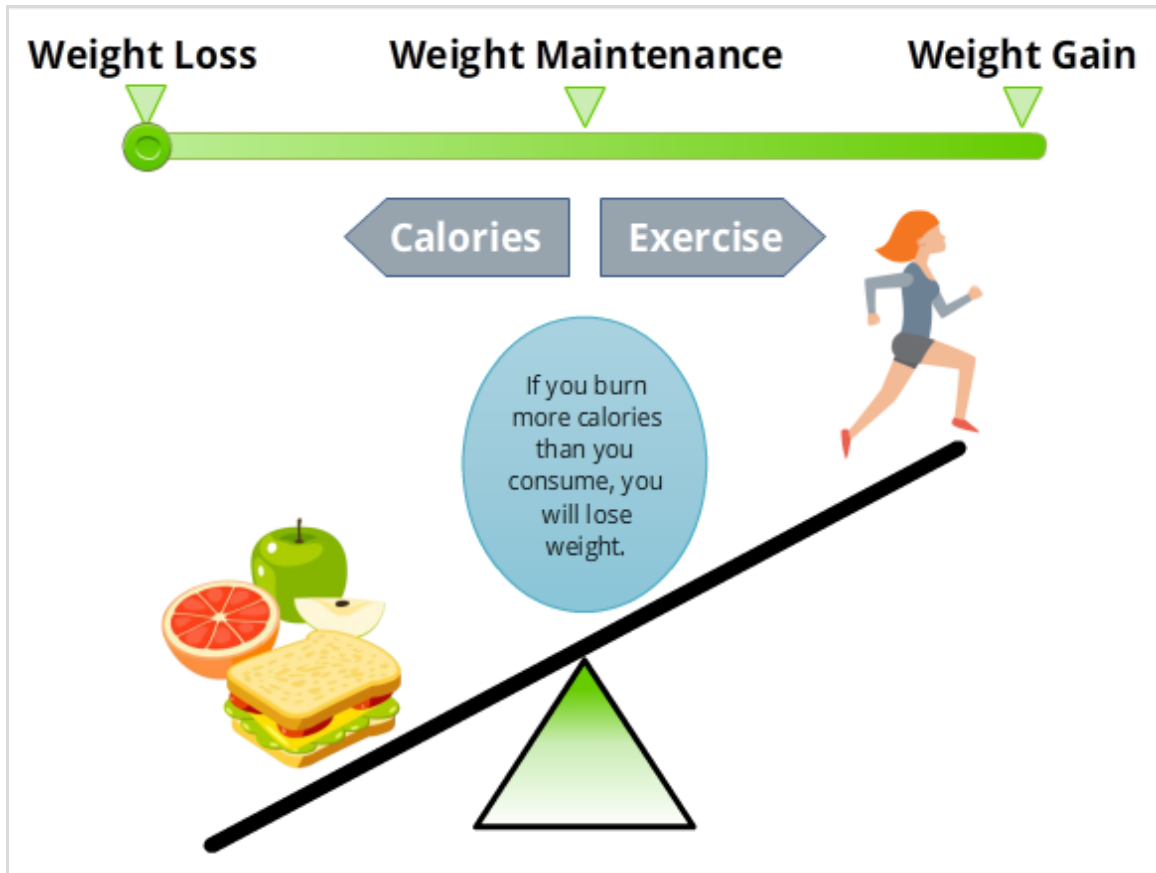


Exercise and nutrition go hand in hand in the form of energy balance. Energy balance is the relationship between energy in (food calories taken into the body) and energy out (calories being used in the body for daily energy requirements and exercise.)

You must maintain energy balance in order to maintain a healthy weight and optimal health. In this interactivity, drag the slider left and right to see the relationship between calories and exercise. Click **NEXT** to get started.

**Module 8: Lifelong Health and Wellness**  
**Topic 3 Content: Energy Balance Notes**

**Weight Loss**

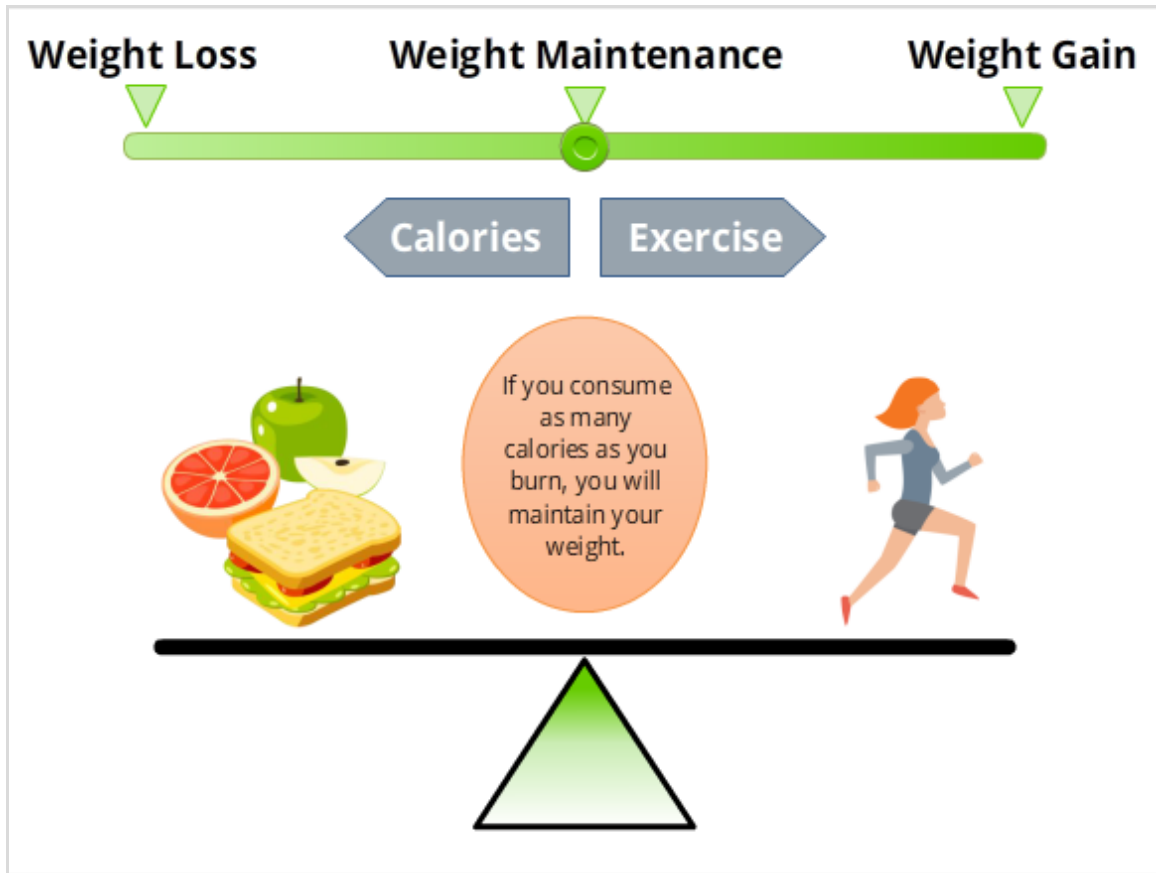


If you burn more calories than you consume, you will lose weight.

# Module 8: Lifelong Health and Wellness

## Topic 3 Content: Energy Balance Notes

### Weight Maintenance

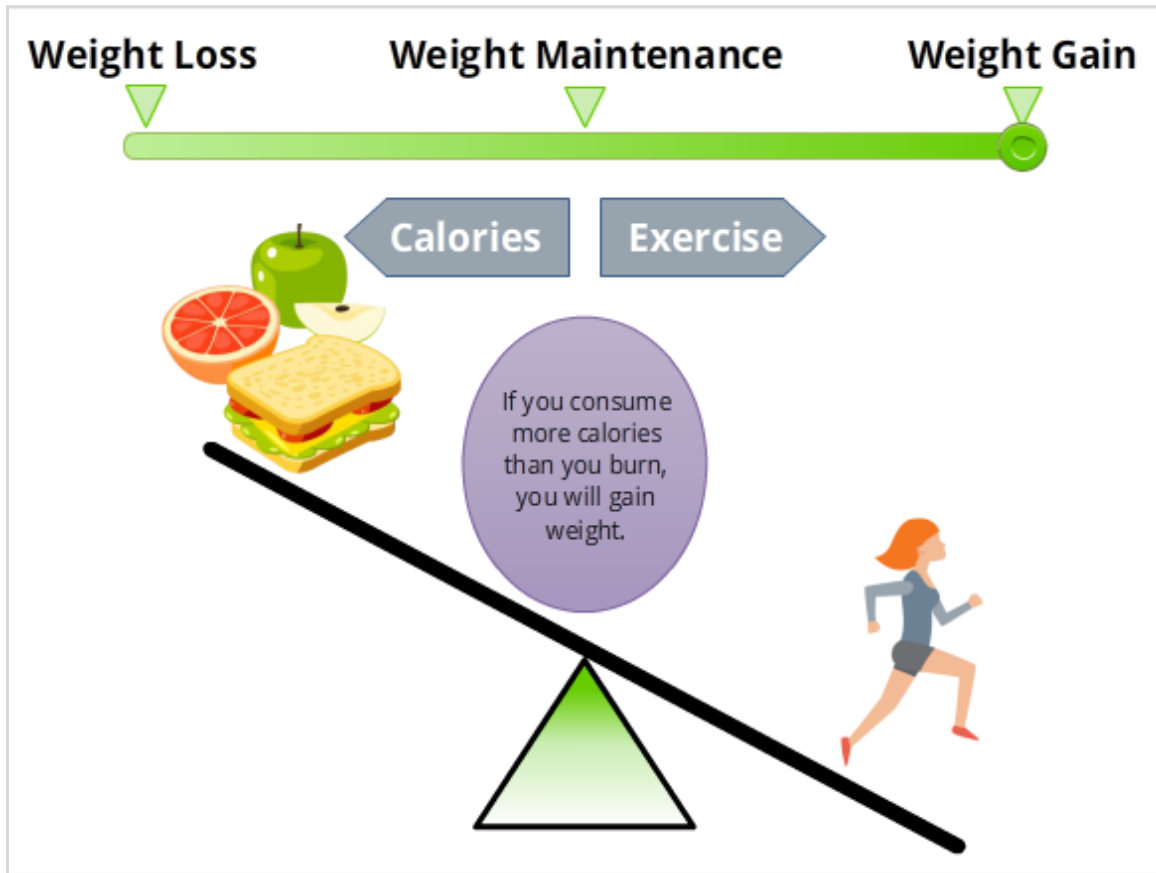


If you consume as many calories as you burn, you will maintain your weight.

# Module 8: Lifelong Health and Wellness

## Topic 3 Content: Energy Balance Notes

### Weight Gain



If you consume more calories than you burn, you will gain weight.