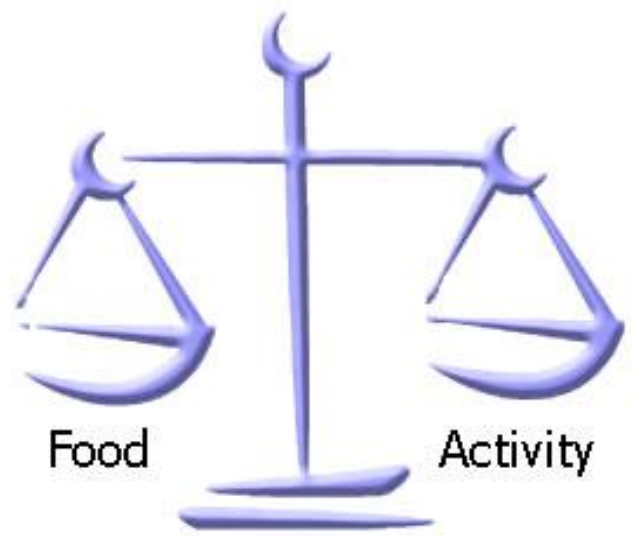


KEEPING THE BALANCE



If you want to have a healthy and happy body, you need to keep a healthy weight. This means not weighing too much or too little. There is no one perfect weight, but there are healthy weight ranges depending on how tall you are and whether you are a boy or girl. So how can you keep your body at a healthy weight? It is all about energy balance!

HOW YOUR BODY GETS ENERGY:

Your body needs energy to work right and do all the things you want it to do. Your body gets this energy from the food you eat. Energy from food and drinks is called calories. Different foods have different amounts of calories. For example, a muffin has more calories than an apple.

We use the energy that we get from food and drinks in all of our daily functions. Calories fuel our bodies, so we can pump our hearts, think with our brain, and move our muscles.

In addition to the energy our bodies need to work properly, our bodies use extra energy when we exercise. The more you exercise the more energy your body needs.

KEEPING THE BALANCE:

So how can you make sure that you get the right number of calories? The key is to balance the energy you put into your body with the energy you use. This balance can be achieved by eating a variety of foods and filling your plate like *MyPlate*. Try to be active every day for an hour. Being active can be anything from playing tag to going on a bike ride with your friends!

