

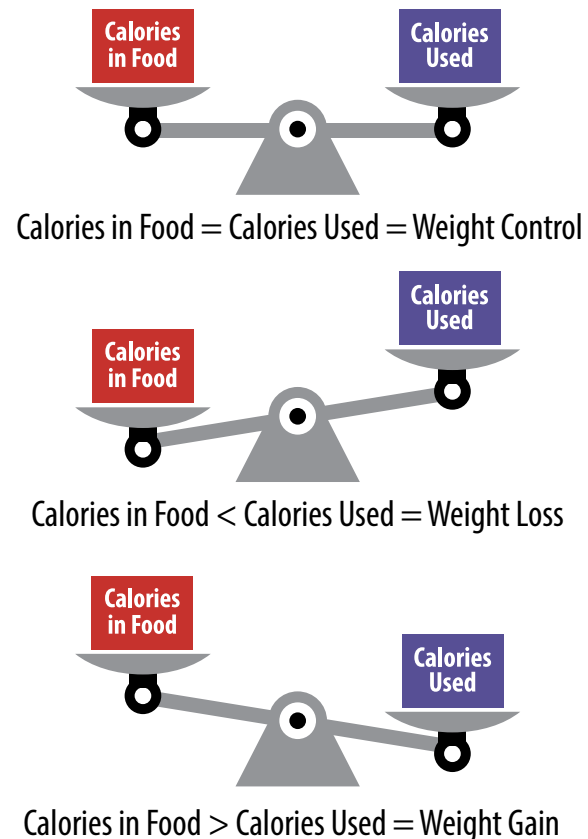
## Calories In, Calories Out

A calorie is a measurement of heat energy. Similar to how petrol powers an automobile, our bodies use calories as fuel for energy. These calories come from fat, carbohydrates and proteins found within food. Different types of foods provide different amounts of energy depending on how much fat, carbohydrates and protein the food contains.

In general, "the calories in, calories out" rule applies to goals like controlling your weight. When you consume more calories than you burn, weight gain can occur. When you burn more calories than you consume, weight loss can occur.

Your body needs a minimum amount of calories each day in order to properly function. This number will change depending on factors such as your current weight, age, gender, and activity level. Failing to reach this number each day may result in your body going into "starvation mode" and holding on to any calories you consume in order to function.

It's important not to confuse calorie count with good nutrition. It's also important to always consult your GP or dietician about how many calories you should eat each day and what kinds of foods you should prepare to meet your calorie requirements.



## Get Up and Get Moving!

### You cannot become healthier without adding in a bit of exercise

**Finding time to add exercise to your life can be tough** given all of your priorities. But physical activity, as well as good nutrition, is important to your well-being.

When you exercise, try to aim for at least thirty minutes of moderate physical activity. This means your heart rate should be elevated for those thirty minutes. If this is too much, start where you feel comfortable and set smaller goals. Try to attend a weekly yoga class. Go for a relaxing walk. Remember, doing one thing is better than not doing anything at all.

Here are more tips to consider:

- **Check in with your GP.** If you have a chronic health problem, such as obesity, diabetes, heart disease, or high blood pressure, ask your GP what type and amount of physical activity is best for you.
- **Set goals.** Set both short-term and long-term goals to keep motivated.
- **Set rewards.** Celebrate every success—you earned it!
- **Think variety.** Choose a variety of physical activities to help you meet your goals, prevent boredom, and keep your mind and body challenged.
- **Listen to your body.** Stop exercising and consult your health care provider if you experience chest discomfort or pain, dizziness, severe headache, or other unusual symptoms while you work out. If pain does not go away, get medical help right away. If you are feeling fatigued or sick, take time off from your routine to rest and ease back into your programme when feeling better.
- **Eat nutritious foods.** Choose a variety of nutritious foods every day. Remember that your health and weight depend on both your eating plan and physical activity level.
- **Get support.** Encourage your family and friends to support you and join you in your activity.

# Get Activated for a Healthier You

## Building the Confidence for Better Self-Care

**You cannot build a flat without a solid foundation.**

The key to managing your health is a solid foundation to build upon. This foundation of knowledge, skills and confidence can help you learn new ways to best manage your health and stick to a new, healthier lifestyle.

Remember that practice makes perfect and repetition helps reinforce habits. Keep practising the healthy behaviours that work for you while trying out new ones. Eventually, it'll get easier when your healthy behaviour becomes a collection of health-enhancing habits.



## Get to Know the Eatwell Plate Method

**We all know the basics of good nutrition** – eat more fruits and vegetables, take in less fat, and watch your calories. The question is, how much of each kind of food do we place on our plate? This is where The Eatwell Plate Method comes in. The Eatwell Plate Method is a easy way to make sure you're eating both the right amount and the right types of foods.

For each meal, divide your plate into the following sections:

- 33% bread, rice, pasta, potatoes or other starches
- 33% fruit and vegetables
- 15% milk or dairy foods
- 12% protein (meat, fish, beans or other non-dairy sources)
- 8% foods and drinks high in fat or sugar



Using the Eatwell Plate Method is a easy way to start building the good habits you need to keep up with a healthy diet. You can use this as an opportunity to try new healthy foods that you may end up enjoying.

**AVOID THESE FOODS**  
**Fried preparations of foods**  
**Fatty meats like sausages and hamburgers**  
**Fast food like chips or tater tots**