

WATER

Fluid needs can vary depending on a person's body size, the environment (you need more fluid when it's hot and/or humid) and how active you are since a lot of fluid is lost through perspiration. The most important fluid is water.

Water is important because:

- Your body needs it to function properly
- It helps regulate your body temperature
- It transports nutrients to body cells
- Eight 8-oz. glasses a day help you stay healthy

*A healthy day
includes 8 glasses
of water!*



CALORIES AND BODY WEIGHT BASICS

Calories are:

- A unit of energy (like watts or volts) that your body uses to fuel all its functions
- Created by the proteins, fats and carbohydrates in our foods (including alcohol)
- Necessary for basic body functions like keeping the heart, brain and lungs functioning (also known as basal metabolism)
- Essential to fuel activity – from the smallest hand gesture to a 5-mile run

The number of calories we need each day depends on how much we weigh, how much muscle mass we have and how active we are.

*Source: "Dietary Guidelines for Americans, 2005", US Department of Health and Human Services, US Department of Agriculture (which is the USDA).

On any given day...

If you consume *more* calories:

Those extra calories will be stored as fat.

If you consume *less* calories:

Your previously stored calories (fat) will be used to supply additional energy.

TIP

To lose weight:

- **Subtract** 500 calories from the amount you need to maintain your body weight (see below) but never take in less than 1,200 calories per day* (Consult Weight Management section for Program.)
- **Burn** more calories (and therefore more fat) through exercise

To maintain weight: ♀

If you are a woman:

You will need about 12 calories for every pound of body weight. (A 150-lb. woman needs about 1,800 calories a day.)

If you are a man: ♂

You will need about 14 calories for every pound of body weight. (A 200-pound man needs about 2,800 calories a day.)



*15 min. of aerobics =
100 calories burned*

*15 min. of jogging =
170 calories burned*

