

Getting the Balance Right



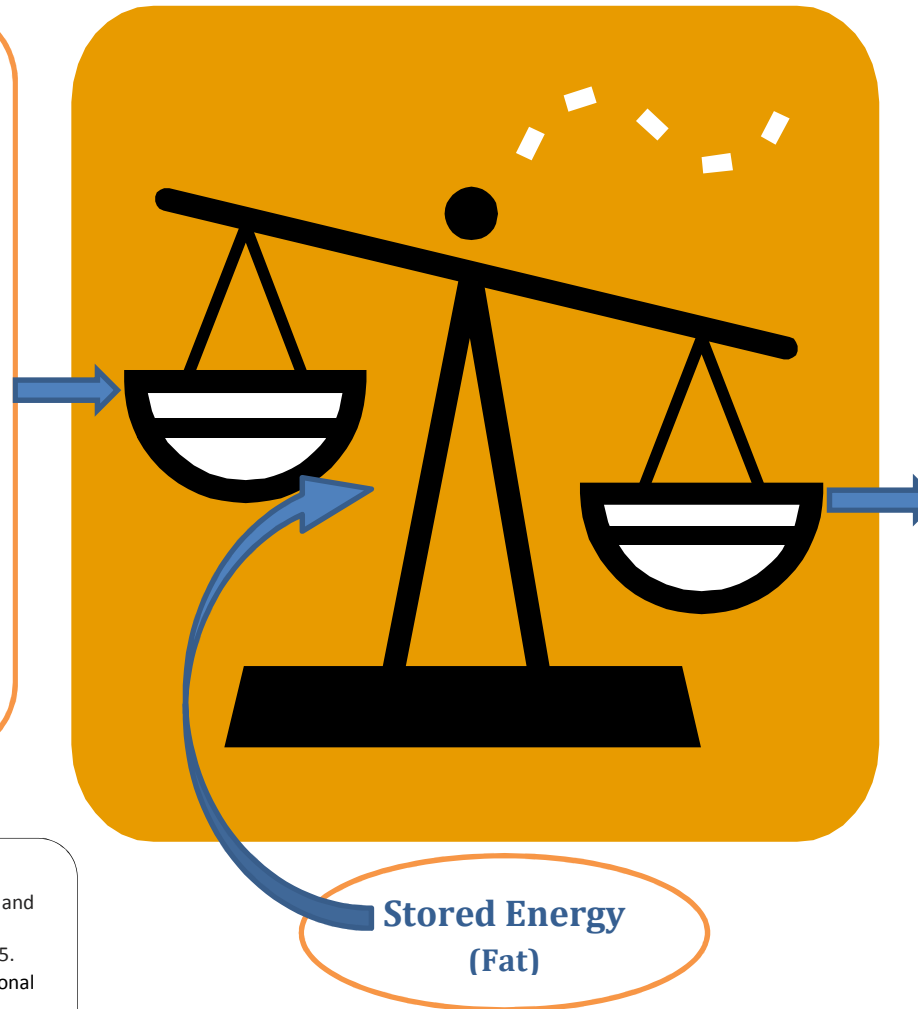
WOMBAT
Fitness

$$\text{Energy In} = \text{Energy Out} + \text{Stored Energy}$$

Energy In =

Food and Drink Consumption

- ❖ Enjoy a wide variety of nutritious foods (with minimal processing)
- ❖ Eat plenty of vegetables, legumes and fruits
- ❖ Eat plenty of cereals (wholegrain breads, rice, pasta and noodles)
- ❖ Include lean meat, fish, poultry and/or alternatives
- ❖ Include dairy products
- ❖ Drink plenty of water
- ❖ Limit saturated fats, salt, sugar and alcohol



Energy Out =

Basal Metabolic Activity + Energy Digesting Food + Activity & Exercise

- ❖ Think of movement as an opportunity, not an inconvenience,
- ❖ Be active every day in as many ways as you can.
- ❖ Put together at least 30 minutes of moderate intensity physical activity on most, preferably all days. (Talk Test)
- ❖ If you can, also enjoy some regular, vigorous activity for extra health and fitness.

Recommendations from

- Australian Government, Department of Health and Aged Care (1999) National Physical Activity Guidelines for Adults, Canberra. Reprinted 2005.
- Commonwealth Government of Australia, National Health and Medical Research Council, Dietary Guidelines for Australian Adults 2003

Stored Energy
(Fat)

Work Out My Butt Abs & Thighs