**Benefits of Balancing Energy In (food you eat) with Energy Out (how much you move):**

1. Helps maintain a healthy weight.
2. Allows body to function at its best!

**Family Goal**

Goal: Add 10 minutes of physical activity and 1 GO food every day.

**Physical Activity added:**

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<tr>
<th>Day</th>
<th>Activity added</th>
<th>GO food added</th>
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**Surprising Fact**

Physical activity can help children sleep better. Encourage 60 minutes of physical activity daily!

**Fact of the Week**

Added sugars in foods and drinks provide extra calories, but no additional nutrients.

**Strategy**

Eat a low-fat, high-fiber breakfast—it may make you less hungry later in the day. Try whole grain cereal with fruit.

**Health Tip**

Eat food portions that are no larger than your fist.
Books
Giraffes Can’t Dance by Giles Andreae
From Head to Toe by Eric Carle
Elephants Cannot Dance! by Mo Willems

New Energy
Words to Use
1. Move
2. Play
3. Balance
4. Energy

Did you know…
Calories are needed for the body to perform basic functions, like breathing and sleeping. Many more calories are used during physical activities that increase the heart rate.

Activities
Get Moving Together!
Walk faster than you normally do. Challenge family members to speed-walking contests!

Freeze Dance Parties!
Turn on a variety of music and dance. When the music stops, strike a pose and balance.

Balanced Recipes
GO Snack
Spread a teaspoon of fat-free or low-fat cream cheese on a piece of toasted whole grain bread. Place tomato slices on top.

and

Physical Activity
Pack water in a reusable bottle and enjoy a long family walk!