

Is Your Body in Balance

A person is performing a handstand on a green background. They are wearing a white t-shirt, a brown leather jacket, and blue jeans. Their legs are spread wide in a V-shape. In the background, there is a large red number '2'.

No, we're not asking whether you can stand on one hand! We're asking whether you "balance" the amount of food you take in with the amount you burn off.

Why some people's bodies are too big and other people's bodies are too thin? One reason a person could be big is because they eat a lot and don't get enough exercise. One reason a person could be thin is because they eat less food than their body needs.

Neither person is doing a good job of "balancing" the amount of food they eat with the amount they burn off.

When you eat the right amount of food for your body to work right and you move around, your body will be a healthy size and you'll look and feel good. If you eat too much and you don't move around enough, your body can get too big and you might not feel good. If you don't eat enough, your body can get too thin and you might not have enough energy.

Here's some stuff you can do to keep your body in balance:

Don't Skip Meals. Some people ignore being hungry and go way too long between meals. That's not good because your body needs regular meals and snacks to keep you going all day.

Don't get stuffed. Eating a lot at one time means you over-filled your body with food.

Do you eat when you're not hungry? If you eat because you're watching TV or because you're bored you could end up eating too much food. Your body gets hungry as a sign that it needs fuel. That's the best time to eat.

Move more. Your body uses up some of the food you eat to help you grow taller and to keep your heart beating, your lungs breathing and your blood circulating. Don't sweat it if you eat too much once in a while—just get up and move more!