



# A New You: Health for Every Body



## Understanding Energy Balance and Reproductive Health



**Having a healthy  
weight promotes  
overall good health,  
including  
reproductive health.**



## Being overweight can:

- Make certain types of birth control harder to use
- Decrease effectiveness of certain types of birth control
- Make it harder to get pregnant



## **Maintaining a healthy weight may:**

- Improve a woman's chance of getting pregnant when she chooses
- May reduce problems with a woman's menstrual cycle



## **Small changes can make a big difference in staying healthy!**

**Here are some tips for balancing calories with  
activity:**

- Make healthy food choices
- Eat a variety of fresh fruits and vegetables
- Read food labels



## Remember:

- To pay attention to portion size, don't overeat.
- Be Active! Try to do some type of exercise for 30 minutes everyday.
- Make eating pleasurable





## It's important to:

- Cope with emotions without food
- Reject the diet mentality
- Value your health
- Feel your fullness
- Honor your hunger
- Make peace with food





## How big is BIG?

# Aim for Healthy Portion sizes

Restaurant entrees may contain up to 3 times recommended serving size.

Monster-Size

Biggy

Meal Deal

Value

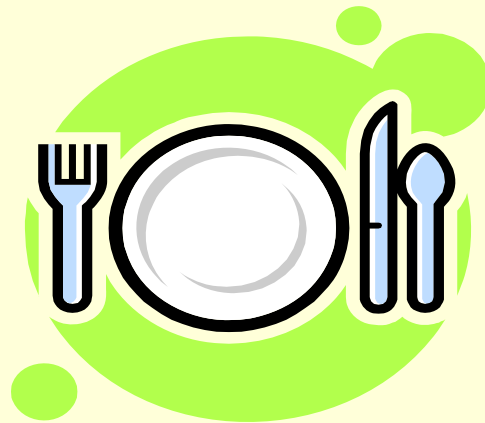
More

Super-size

Up-Size



Use smaller plates, bowls, cups and glasses so you are less tempted to supersize your portions.



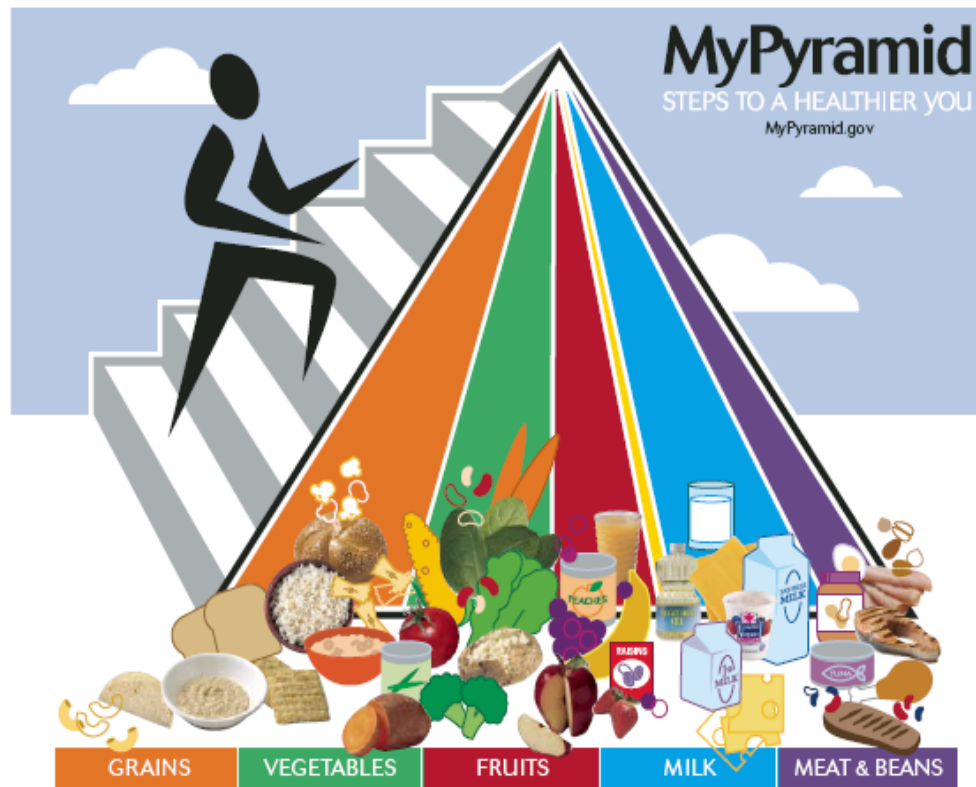


**For a 2,000-calorie diet, you need the amounts below from each food group everyday.**

- Eat 6 oz grains
- Eat 2 ½ cups of vegetables
- Eat 2 cups of fruits
- Get 3 cups of milk
- Eat 5 ½ oz meats and beans

❖ **To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).**

**Let MyPyramid be your guide.  
Balance what you eat and drink with your  
physical activity each day.**





## Even the busiest person can make time for physical activity

If you don't have time to do 30 minutes all at once. Take three 10 minute breaks throughout the day.

Here are some easy ideas to ***GET MOVING!***

- Instead of a coffee break, take a walking break.

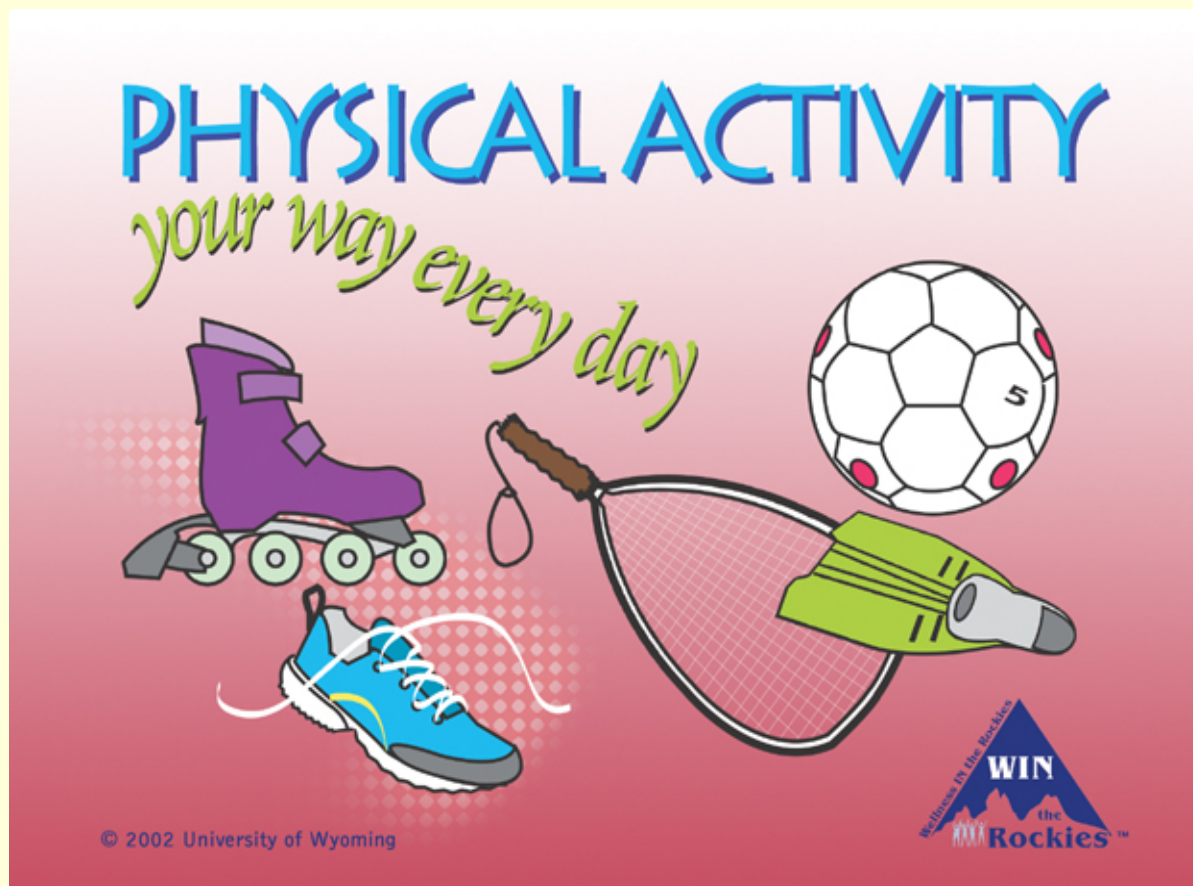




## **Moving can be as easy as:**

- Setting your kitchen timer for 30 minutes and moving from room to room cleaning your house.
- Working in the yard raking leaves, weeding or mowing the lawn
- Moving during your favorite TV show - try stretching exercises, hand weights, walking in place, or a stationary bike.

Look at your weekly schedule and make an effort to set aside 30 minutes each day for exercise.





Portions of this presentation were adapted from *A New You: Living in a Healthy Body* developed by Outreach and Extension at University of Missouri, Lincoln University

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PENNSYLVANIA  
NUTRITION EDUCATION TRACKS

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