## RM 8-NU: Some Lifestyle Choices Lead to Energy Imbalance— How Does It Happen?\*

Energy
Expenditure

• activity
• metabolism

Energy
Intake

Intake

What factors contribute to an energy imbalance that could lead to weight gain?

What counter measures could help restore energy balance?

 $<sup>^{\</sup>star}$  Source: Dairy Farmers of Manitoba, 2008, 2003. Adapted with permission.