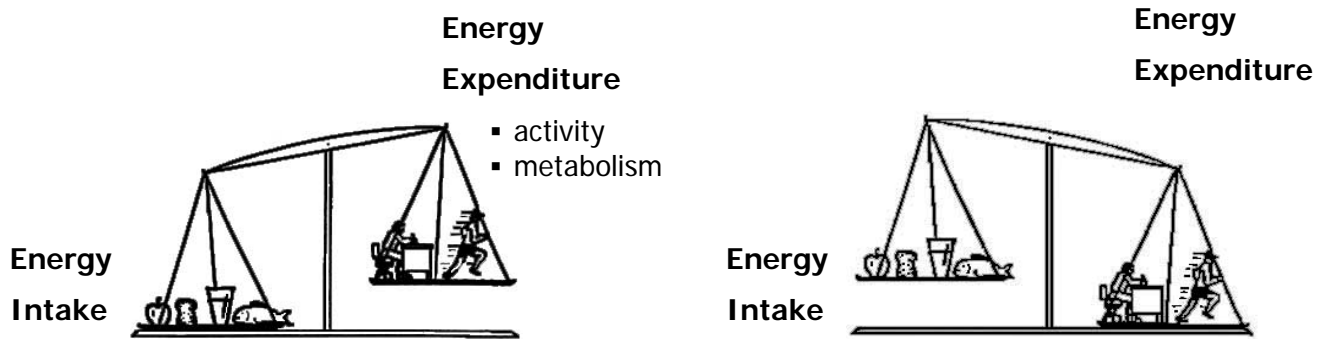


## RM 8–NU: Some Lifestyle Choices Lead to Energy Imbalance— How Does It Happen?\*



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

What counter measures could help restore energy balance?

\* Source: Dairy Farmers of Manitoba, 2008, 2003. Adapted with permission.

