



# Energy Balance



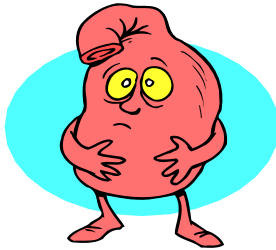
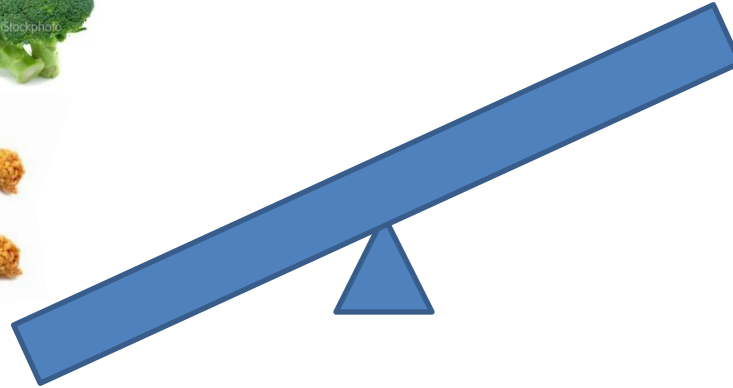
**Strong**



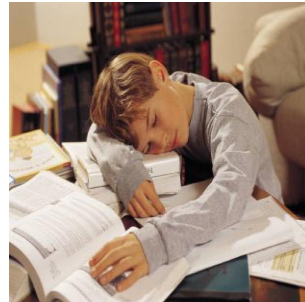
**Healthy**



# Too much food for very little exercise



**Uncomfortable Stomach**



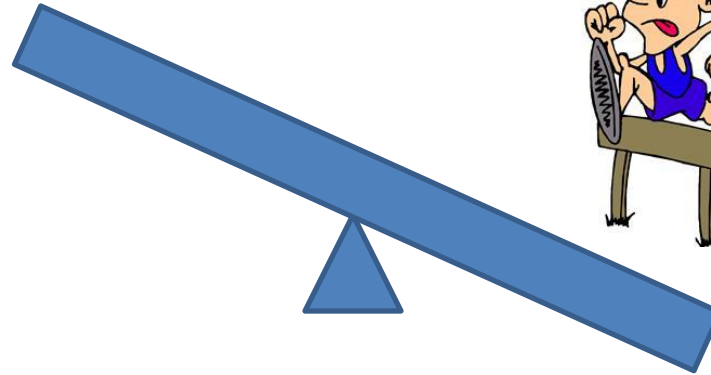
**Tired and Weak**



**Gain Weight**



# Too little food for a lot of exercise



**Headaches**



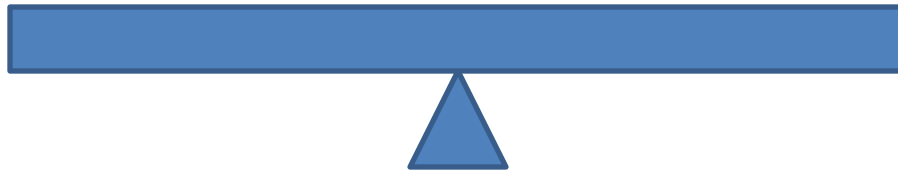
**Can't Concentrate**



**Tired and Weak**



# Energy Balance



**Strong**



**Healthy**