

# Fun Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## 10 Components of a Healthy & Balanced Lifestyle

### Healthy and Balanced Nourishment

**1. Energy Balance:** Eat the right number of calories to maintain your body's structures and fuel all of the things you do.

**2. Balance of Essential Nutrients:** Eat the right quantities of carbohydrates, fats, protein, vitamins, minerals and water in the right proportions for your body and activity level.

**3. Maintenance of Metabolism:** Keep up the rate at which your body uses energy by keeping your muscles strong and fit and staying physically active in general.

**4. Maintenance of Satiety:** Eat enough of the right foods so you're not hungry.

### Healthy and Balanced Activity

**5. Cardiovascular Exercise:** Participate in any activity you enjoy that involves moving the large muscles of your body in a rhythmic pattern (like walking, swimming or biking) for 20 to 60 minutes, 3-5 days per week

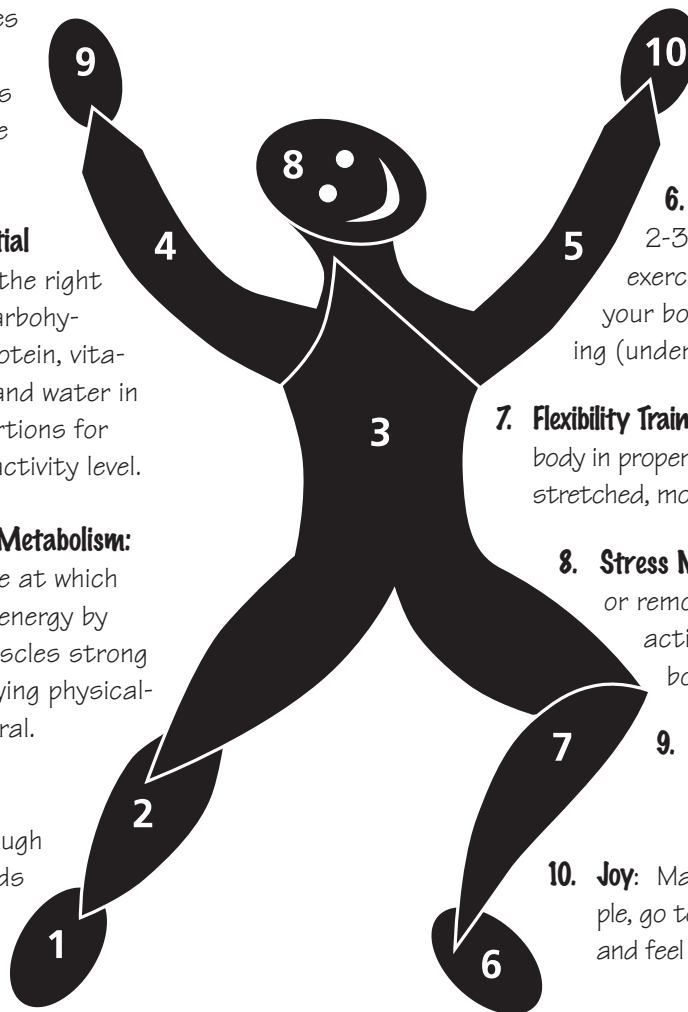
**6. Progressive Resistance Training:** Participate 2-3 days per week in an organized program of exercises that overload the major muscles of your body with efforts they are not used to exerting (under proper supervision)

**7. Flexibility Training:** Participate in a program to keep your body in proper alignment and all of your muscles strong and stretched, moving smoothly through everything you do.

**8. Stress Management:** Learn how to better cope with or remove yourself from stressors; participate in activities that enable you to quiet your mind, body and spirit.

**9. Sleep and Rest:** Make sure to get enough sleep each night to replenish your energy; take downtime during the course of every day as well.

**10. Joy:** Make and take the time each day to be with people, go to places and do things that make you laugh and feel happy!



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