

# HEALTHY LIFESTYLE PROGRAMME

Ministry of Education Malaysia

In collaboration with

Nestlé Products Sdn. Bhd. & Universiti Putra Malaysia



## TOPIC 2: Energy Balance And Your Body Weight Status

### Objective 1:

To determine healthy lifestyle components

### Objective 2:

To determine energy balance through food intake and physical activity

# Definition of Health & Healthy Lifestyle

## HEALTH

- A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

## HEALTHY LIFESTYLE

- Activities carried out to avoid health problems and help maintain physical, mental and social health
- Important for all age groups and not only for the sick or injured

## Importance of a Healthy Lifestyle:

- To optimize growth and development.
- To avoid diseases

# 7 Healthy Lifestyle Components

- 1 Eat Healthily
- 2 Practice an Active Lifestyle
- 3 Take Care of Personal Hygiene
- 4 Maintain a Healthy Body Weight
- 5 Handle Stress Wisely
- 6 Avoid Smoking, Alcohol and Drugs
- 7 Avoid Unwanted Accidents



Cuci tangan  
anda dengan  
sabun!



# Energy Balance Model

Energy Intake  
(Energy IN)

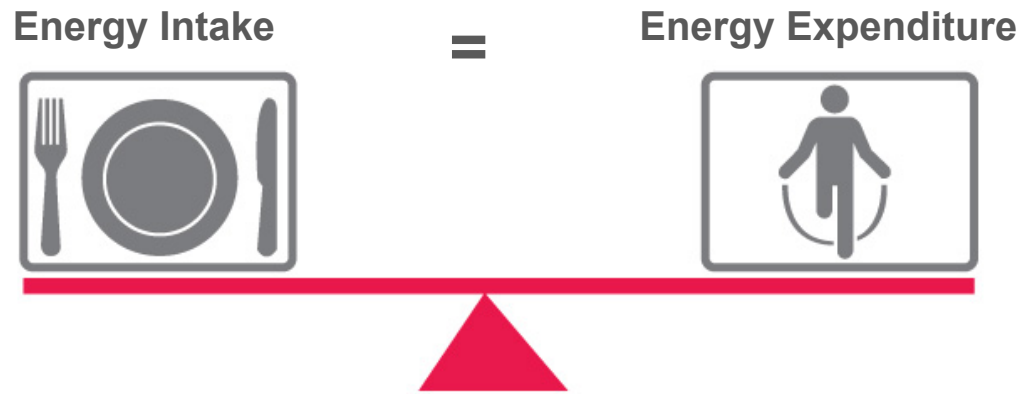


Energy Expenditure  
(Energy OUT)

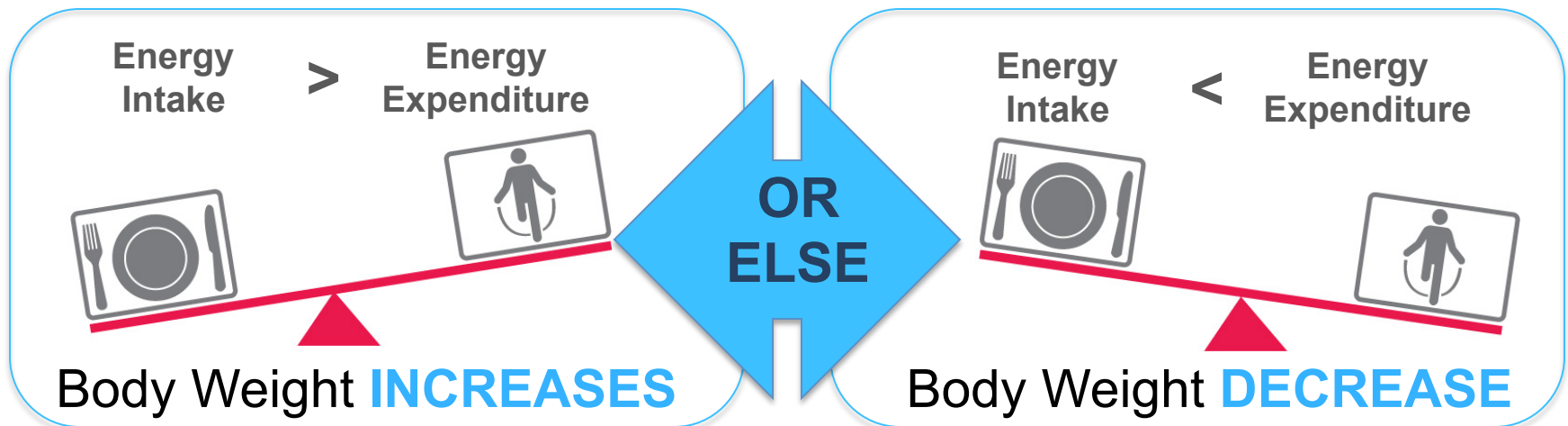


*Note: Energy is measured by Calorie unit (Kcal)*

# Effect of Energy Imbalance



Body weight **MAINTAIN**



# Conclusion

- Practice the 7 healthy lifestyle components of a healthy lifestyle especially healthy eating and active lifestyle practicing an active lifestyle (*Healthy Eating and Be Active among Teens — HEBAT*) to maintain a healthy body.
- Eat healthily, consume food with less fat and low sugar levels.
- Identify a physical activity that you enjoy and do it as often as possible to burn extra energy and achieve energy balance.