

THE
BIG
CLUE

It's all in that **one** word...



Being **FIT** means...



- **Exercise**



BURNING OFF WHAT YOU EAT

Icons: Running, Jogging, Swimming, Cycling

FOOD	CALORIE CONTENT	ENERGY OUTPUT FOR VARIOUS ACTIVITIES FOR A 54kg PERSON
1 cheese burger	320	48 mins of football
1 fried chicken wing	109	19 mins of jogging
1 curry puff (with meat & potato)	152	19 mins of jumping rope (70/min)
1 pisang goreng	129	40 mins of cycling
1 rice bowl of chendol	199	24 mins of jumping rope (70/min)
3 scoops of ice cream	305	48 mins of swimming (crawl, slow)
1 can of soft drink	120	32 mins of brisk walking
1 large packet of french fries	450	3x 20mins of jogging

Icons: Burger, Ice Cream, Fries, Soft Drink

Being **FIT** means...



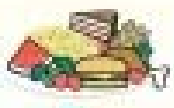



- Regular and well-balanced meals



EAT RIGHT, KEEP FIT!

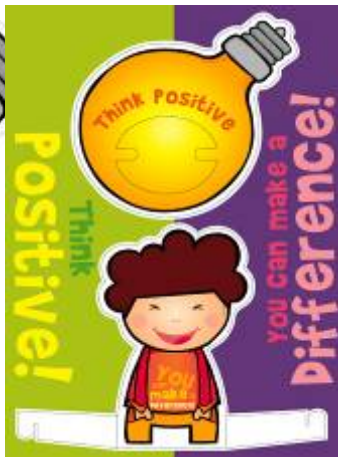
What is Energy Balance?

Energy **In**put is the energy we obtain from the food we eat.
Energy **Out**put is the energy we use through our daily activities.

When	 Input	=	about	 Output	weight remains the SAME
When	 Input	>	is more than	 Output	weight goes UP
When	 Input	<	is less than	 Output	weight goes DOWN

Being **FIT** means...

- Mental Wellness & Resilience



Being **FIT** means...

- Being Smoke-Free



TIPS

TRAININGS

□ Junior Category

- 1 to 5 June 2009 @ Nanyang Girls' High School

□ Open Category

- June 2009 @ Republic Polytechnic

Thank You

