small apple

55 Calories

Many of the vitamins in apples are in the skin, or peel.
Be In Balance
walking
55 Calories
BE IN BALANCE
extra crunchy chicken sandwich with sauce

510 Calories
BE IN BALANCE
Activity Card

soccer
510 Calories
BE IN BALANCE
Food Card

large order of french fries
560 Calories
BE IN BALANCE
Activity Card

walking
560 Calories

Walking the length of a football field uses the number of calories in one M&M candy.
1 cup carrots
50 Calories
team handball

50 Calories

Team handball is the second most popular sport in the world.
BE IN BALANCE
medium vegetable burrito
245 Calories
BE IN BALANCE
Skateboarding is America’s sixth largest sport.

Skateboarding

245 Calories
small potato with 1 teaspoon of butter

162 Calories

In 1995, potatoes became the first crop to be grown by NASA in space.
BE IN BALANCE
washing a car
162 Calories
BE IN BALANCE
medium bowl of vegetable soup

120 Calories

Americans consume more than 10 billion bowls of soup every year.
BE IN BALANCE
basketball
120 Calories
BE IN BALANCE
medium peanut butter and jelly sandwich
375 Calories
BE IN BALANCE
swimming laps
375 Calories

The longest swim ever was 2,360 miles down the entire length of the Mississippi River. It took 68 days.
BE IN BALANCE
1 cup fresh fruit
98 Calories
jumping rope

98 Calories

Fusion routines are very popular at the National Double Dutch League Tournament.
small low fat, soft-serve vanilla ice cream cone

216 Calories

Ice cream has been a dessert since Roman times.
BE IN BALANCE
walking
216 Calories
medium chewy granola bar
125 Calories
BE IN BALANCE
There are hundreds of dance styles and people of all cultures dance.
BE IN BALANCE
medium hard shell beef taco

285 Calories

Tacos and tortillas have been around for more than 7,000 years.
BE IN BALANCE
walking
285 Calories
BE IN BALANCE
1 cup mashed potatoes and gravy
400 Calories
BE IN
BALANCE
Race walking has been an Olympic sport since 1904.

walking

400 Calories
BE IN BALANCE
large nachos
and extra cheese
900 Calories
walking

900 Calories

Walking is the most popular physical activity.
BE IN BALANCE
Cortez, the explorer, brought chocolate from the Aztecs back with him to Spain in 1529.
Be In Balance
walking

400 Calories
BE IN BALANCE
The largest milkshake was created in New York in 2000. It measured 6,000 gallons.
swimming laps
890 Calories
Be In Balance
large chocolate fudge nut brownie

540 Calories

The first published recipe for brownies appeared in 1897.
Activity Card

vacuuming

540 Calories
small slice of pizza

206 Calories

In the US, there are about 61,269 pizza parlors.
BE IN BALANCE
Activity Card

hiking

206 Calories
large ice cream bar
260 Calories
BE IN BALANCE
kick boxing

260 Calories
BE IN BALANCE
large glazed donut

330 Calories

The world’s largest donut weighed 5,000 pounds and was the size of half a football field.
BE IN BALANCE
FLOW

330 Calories
BE IN BALANCE
Out of Balance Card
BE IN BALANCE