

CALORIES:



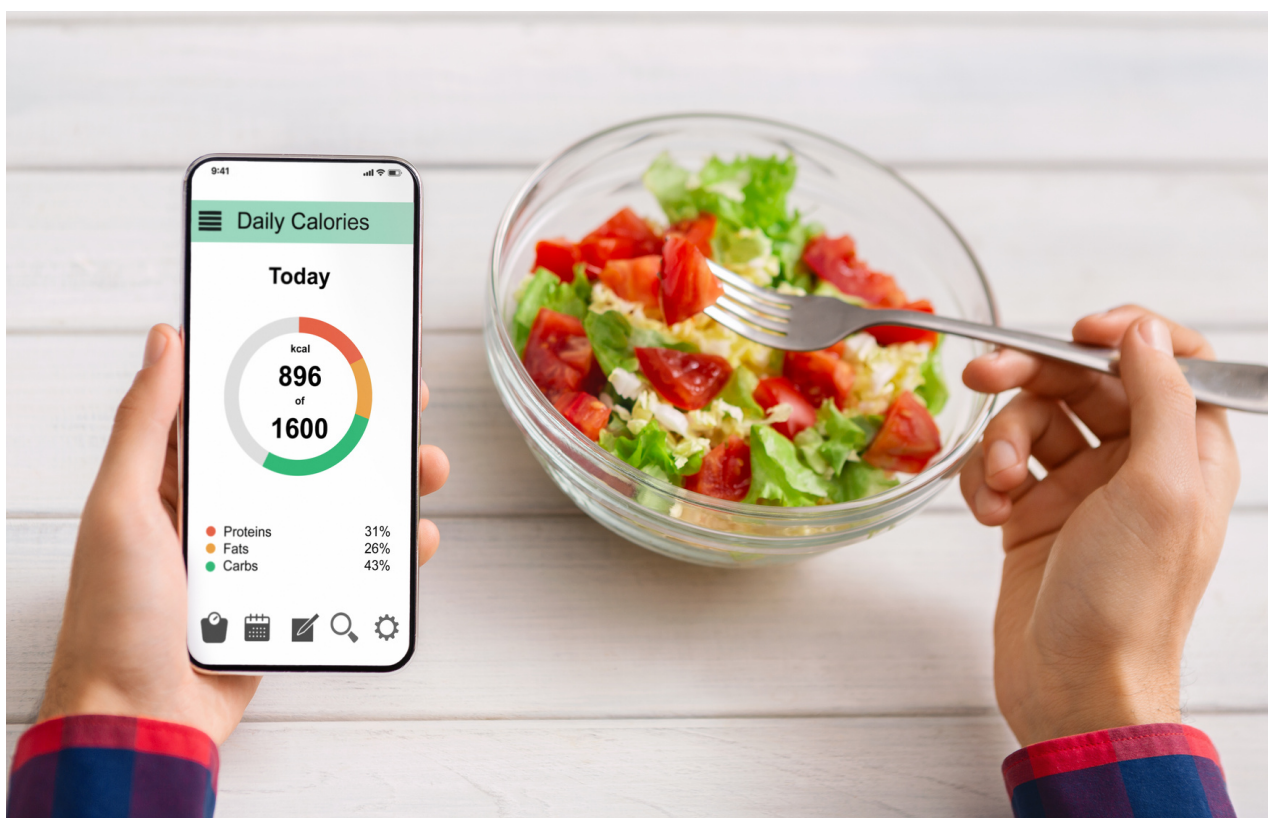
**WHAT IS THE BIG
DEAL?**



CALORIES: WHAT IS THE BIG DEAL?

Are you on a weight loss journey or just trying to be in the best shape possible? You may have heard the word “calories” from so many people. Common knowledge says that it comes from the food you eat, and food is what powers your body.

Clearly, calories are strongly tied to one's health, but how exactly? What part do they play in someone's fitness? A calorie is a unit of measurement. It is used to measure the amount of energy we get when our body digests food. Anything we eat or drink has calories. The more calories a food or drink has, the more energy your body can get from it. Our body uses this energy to function as the cells in our body use it to perform their tasks.



ACTIVITY SHEET

The Health Quest 365 Activity On Calories

Prior to reading the article, what did you know about calories?

Describe your regular calorie intake. Based on what you've read in the article, is your consumption good or bad?

What are your regular sources of calories? Can they be classified as mostly good for your health or not?

How do you think your calorie intake affects your health? Do you experience medical conditions because of it?

What are your good and bad eating habits in terms of your calorie regular calorie intake? What can you do to improve it for your health?



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