

Mission In Motion
Health & Wellness Weekly Bulletin
June 2012—Physical Activity



June 25, 2012—Week 5

Burn, baby, burn!

You may know that regular physical activity can help you control your weight, but do you know why? Physical activity burns calories and boosts your metabolism, especially an aerobic activity like walking, jogging or swimming. When you burn more calories than you eat each day, you'll take off weight. You can also maintain your weight by balancing the number of calories you burn with the number of calories you eat. Your doctor can help you determine how many calories you are burning each day.

Source: National Institutes of Health

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

