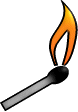


**Weight Loss Involves Knowing the… NUMBERS.**  
About having an idea how many calories you consume  
and/or burn a day.

One Pound = 3,500 Calories

One pound of fat is about the size of one pound of   
 butter.

To lose 1 Pound a week, you must  
cut http://www.qacps.k12.md.us/ces/clipart/Carson%20Dellosa%20Clipart/Carson%20Dellosa%20Back%20to%20School/Images/Color%20Images/School%20Clip%20Art/SCISSORS.jpg and/or burn   
an extra 500 Calories a day.  
(500 Calories a Day x 7 Days = 3,500 Calories  
= 1 Pound Lost Per Week)