

ENERGY BALANCE



What is energy balance

It is the difference between calories consumed through the day vs calories burned through bodily functions and exercise

Fixed calories

Fixed calories are the number of calories you burn each day which you cannot control. These are those required for bodily function “metabolism”, such as: digestion

Variable calories

(You control)

This is the number of calories you burn actively through exercise or bodily movement in the day

It is also the number of calories you consume through the day

Example

Fixed calories:

The average person will burn around 1,500 calories per day just resting with no physical movement. This number will stay very similar all your adult life

Variable calories:

Let's say that the average person also burns an additional 500 calories per day with physical movement

They have a total energy expenditure of: **2,000 calories**

This means that they need to consume **2,000 calories** per day to stay the same weight

If calories consumed or calories burned changes, this average person will start to gain or lose weight