

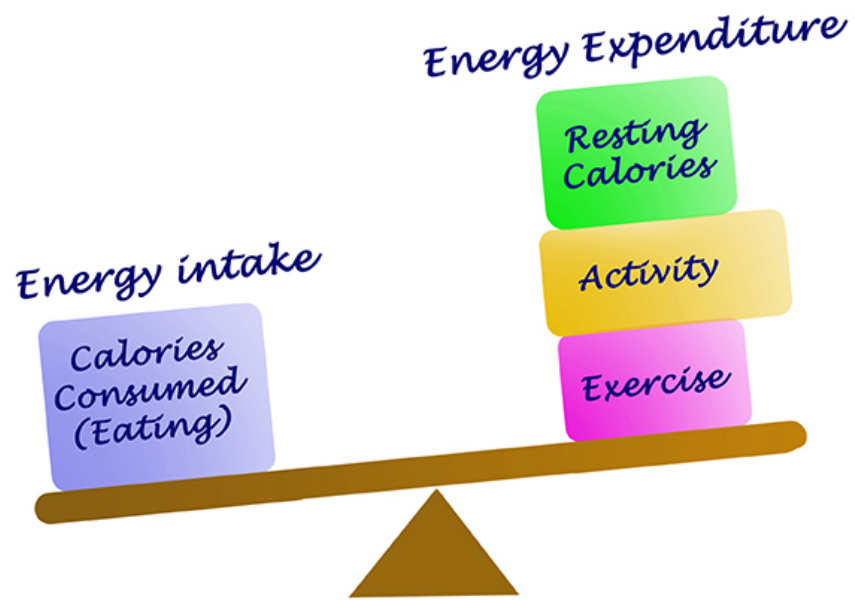
Change in energy stores = (energy in) - (energy out)

- Change in Energy Stores = change in weight!
- ✓ Energy in = the foods we eat and the beverages we drink.
- ✓ Energy out = the activities we do and the energy our body uses to work – digestion, breathing, making new cells.

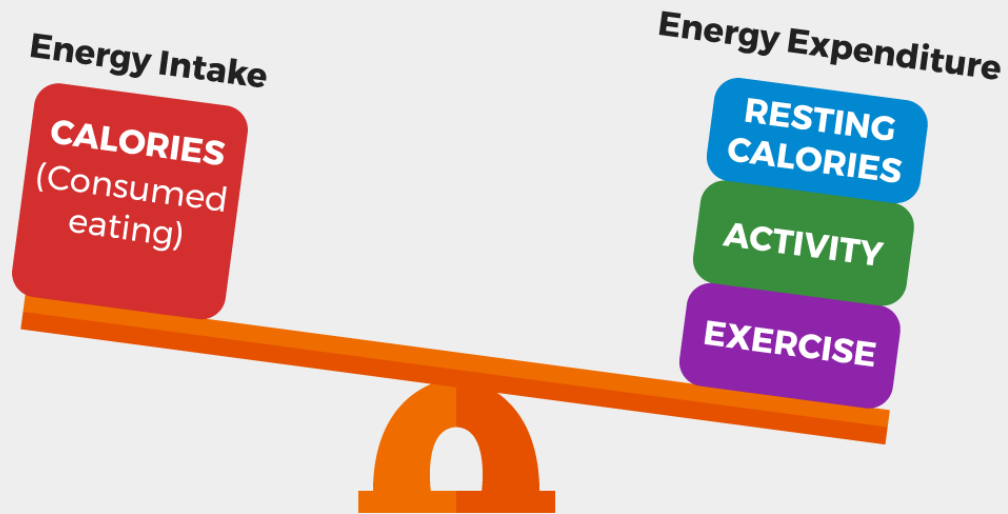
Essentially (see pictures below for a graphic representation):

- ❖ If we consume or take in more energy than we expend, we see gains in energy stores, or weight.
- ❖ On the other hand, if we burn more than we consume, we see reductions in weight.

Weight **GAIN**



Weight Loss



Negative Energy Balance