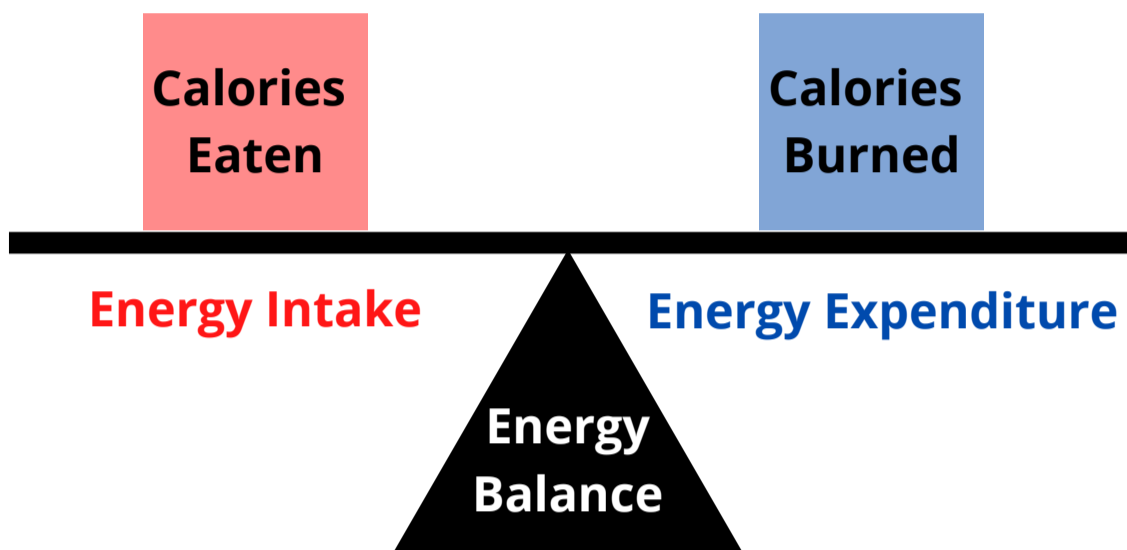


# WHAT IS ENERGY BALANCE ?

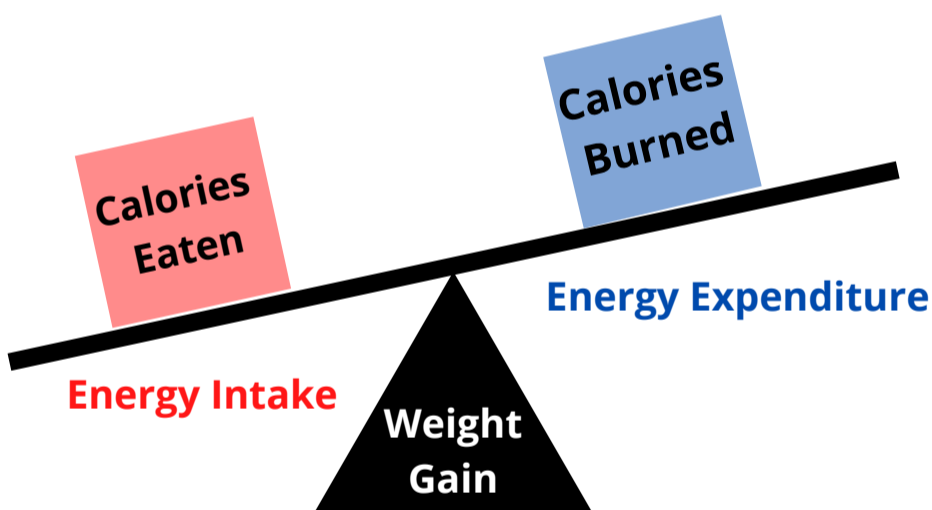
## Energy Balance:

When the number of calories (also known as energy) we eat or intake is equal to the amount of we calories we burn or expend, it can result in no weight change.



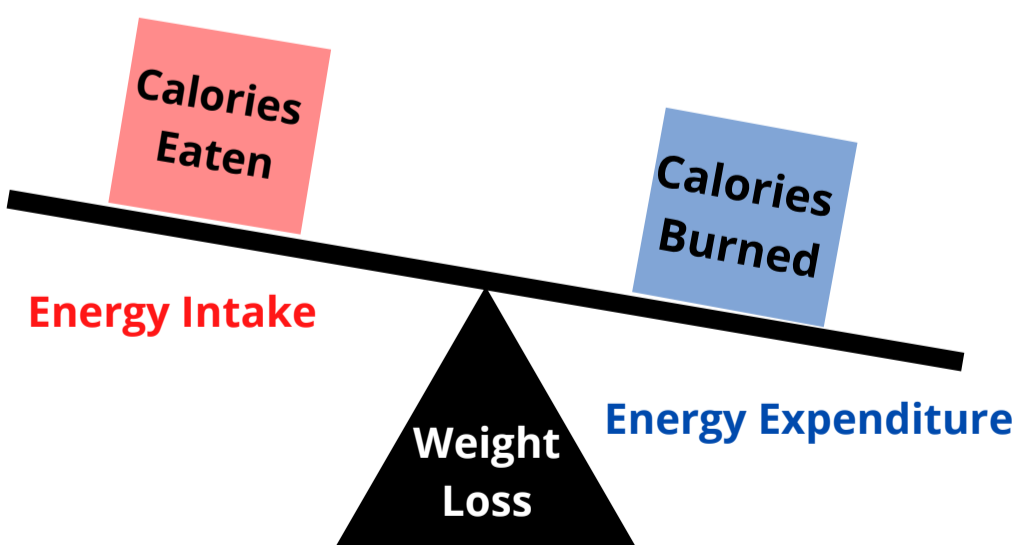
## Positive Energy Balance

When the number of calories we intake is greater than the number of calories we burn, it can lead to **weight gain**.



## Negative Energy Balance

When the number of calories we intake intake is less than number of calories we burn, it can lead to **weight loss**.



## What influences our energy expenditure?



### Basic Body Functions.

*E.g. Breathing, Sleeping, etc.*



### Activity.

*This includes all levels: cleaning the house, lifting weights, walking, etc.*



### Food Choices.

*The ratio of protein, carbohydrates, and fat in your diet.*