




@GET FIT TODAY

# Why Do We Gain Fat?



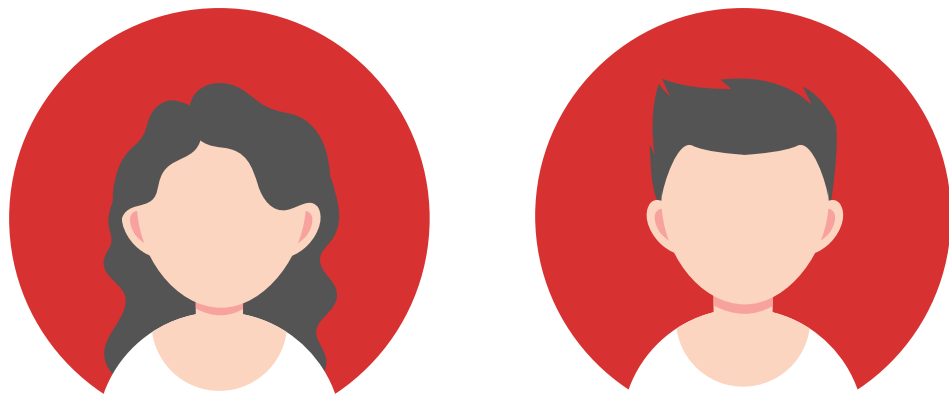


A herd of running deer silhouettes in various shades of gray, scattered across the left side of the page. The deer are depicted in various running poses, some with antlers, against a light, textured background.

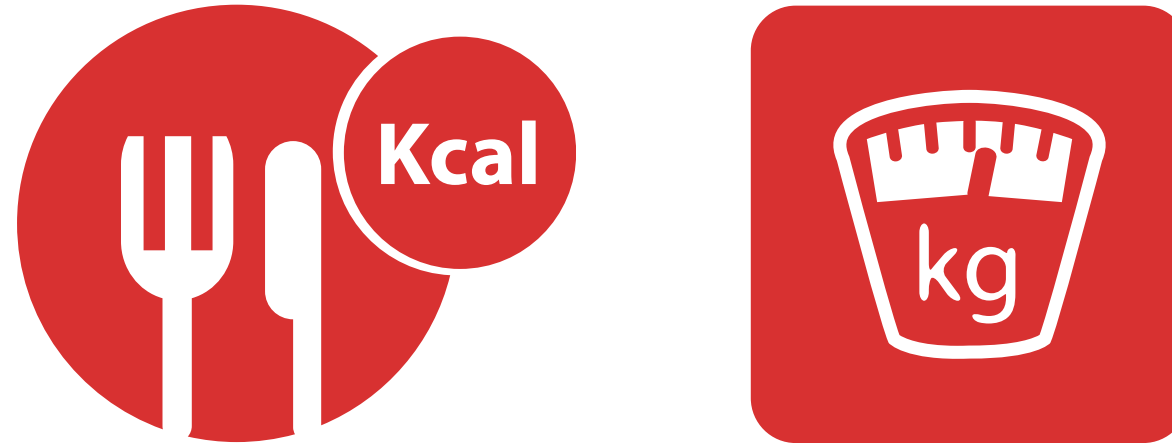
From an evolutionary  
standpoint - during periods of  
scarce resources

having the ability to store unused  
energy was vital for survival.





Every person has their own daily caloric needs

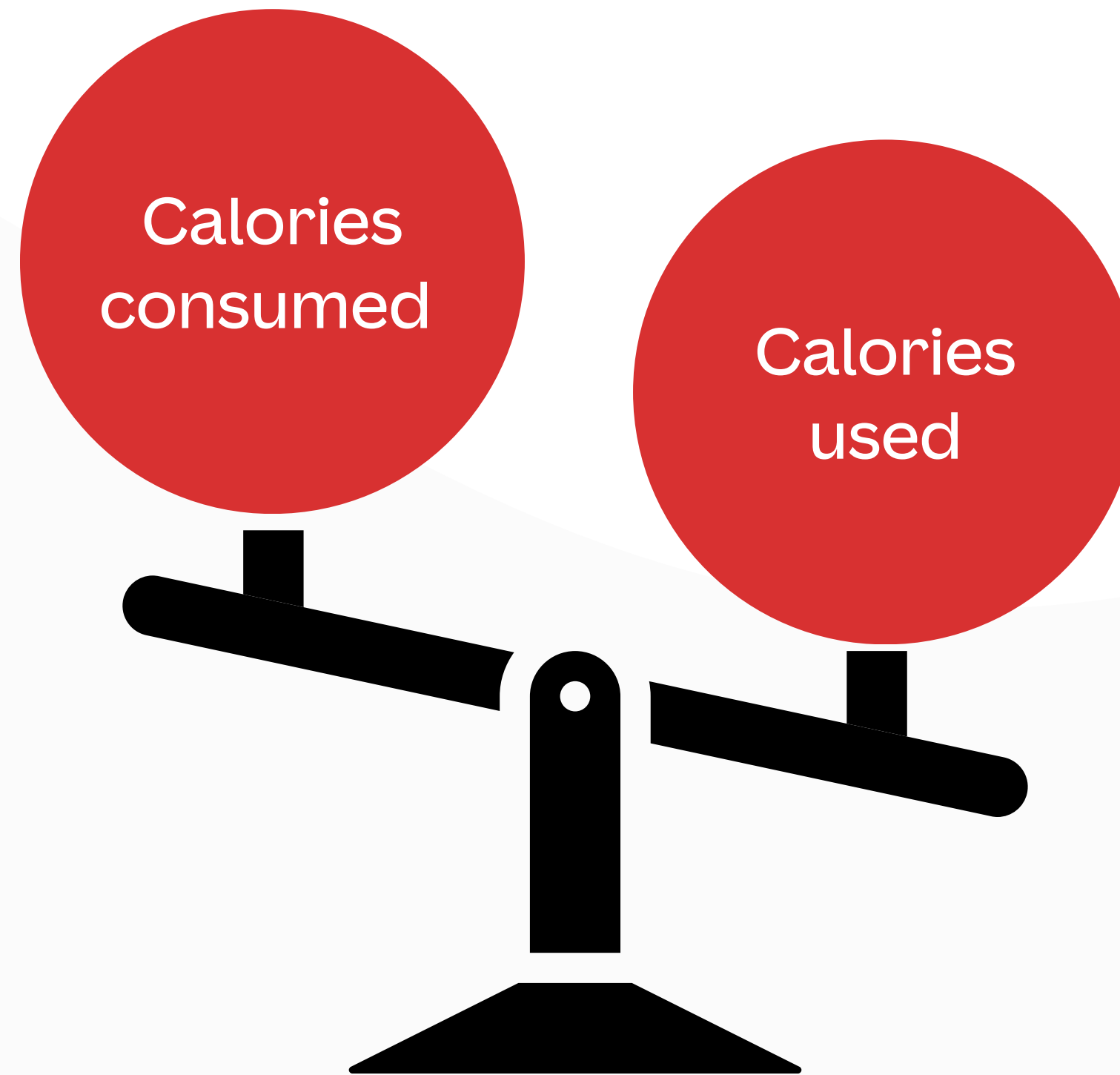


They need a certain amount of calories to maintain their body weight



If they go above that number consistently- weight is gained.

# How people gain excess weight



# Body fat

- ✓ regulates body temperature and serves protective functions for our organs, bones, and muscles.
- ✓ also stores certain hormones that help control important bodily functions like hunger and appetite.

This is why **balance** is essential

**more isn't always better** when it comes to weight loss.

