



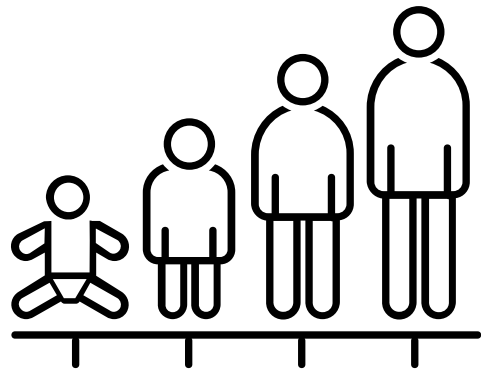
GET FIT TODAY

How Do We Lose Fat?

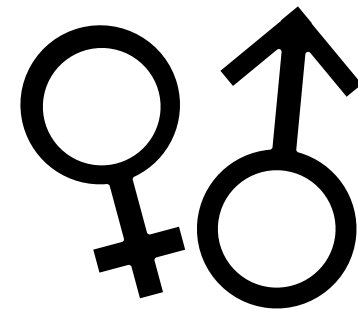


BMR

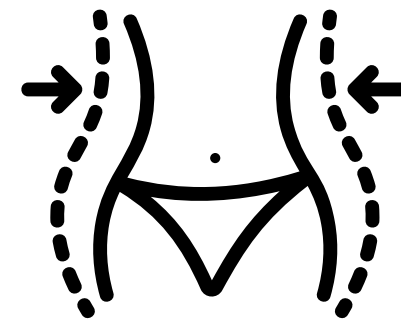
An important piece of the weight loss equation.



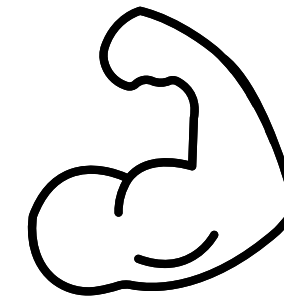
Age



Gender



Body composition



Muscle mass



BMR **does not** reflect all of the variables necessary for accurate weight loss calculation.

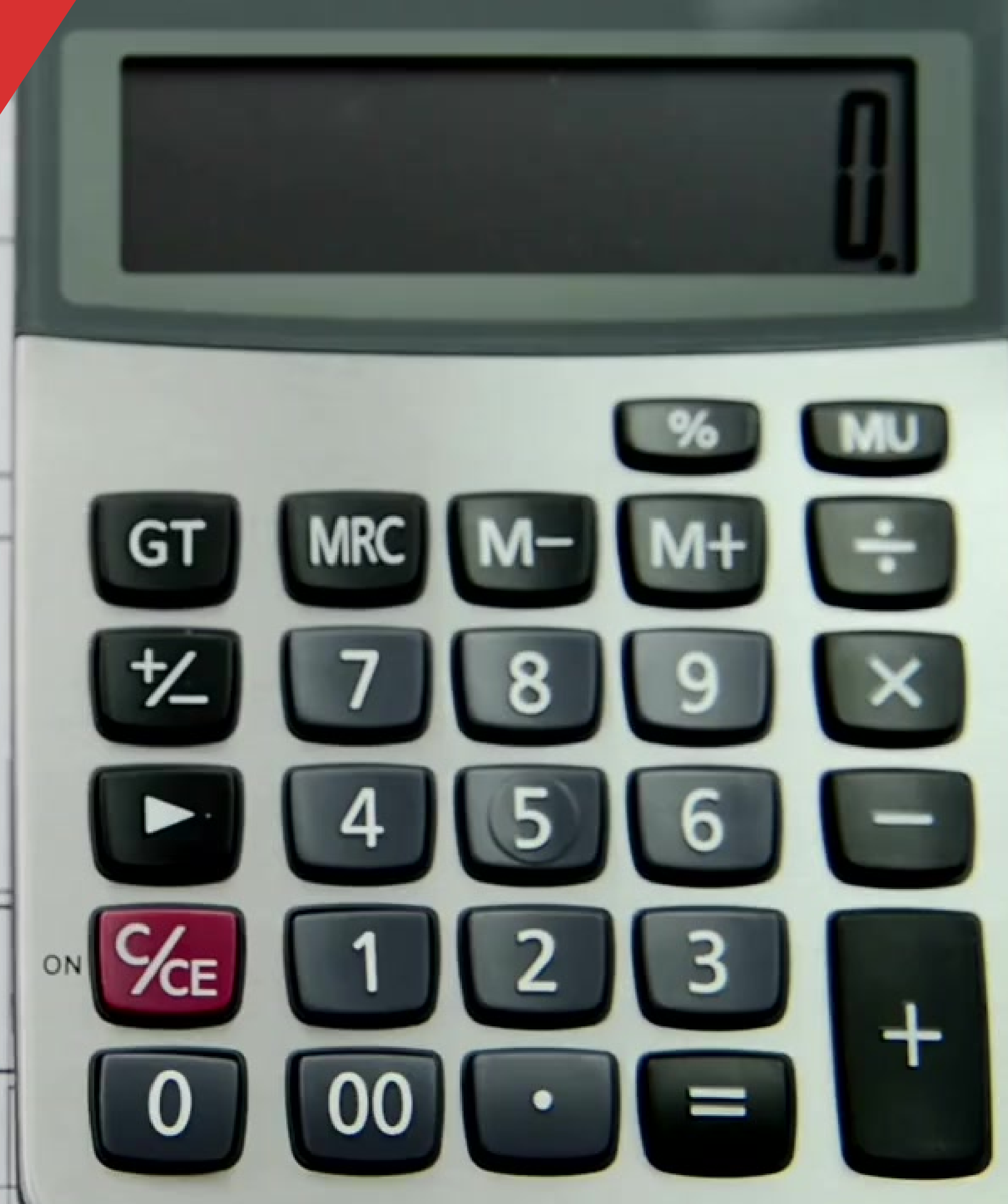
To estimate energy expenditure with **more accuracy**, other factors also need to be taken into consideration.



When all these elements
are assessed an
individual's

**total daily energy
expenditure**

can be calculated
much more reliably.





**Creating a
balanced diet**



**can be a viable
strategy for
success.**



Boosting the metabolism through exercise



can also increase a person's
total daily energy expenditure
(help burn more calories and
create a deficit)



Energy balance





Calories in

VS



Calories out

A photograph of three scientists in a laboratory. A woman in the background is looking down. In the foreground, a man and a woman are working with a microscope. The man is adjusting the stage while the woman looks on. They are all wearing lab coats and safety glasses. A red speech bubble is overlaid on the left side of the image.

Science has seen a lot of
controversies regarding
this simple principle

It's thought that many other factors
are the primary contributors to
weight gain

so should be the main
focus during weight loss
efforts.



Insulin

Other
hormones

Genetics

have been blamed for decades.

Ultimately



The amount and
type of food a
person consumes



Opposed to the
calories used during
the day

**Will determine whether
or not weight is lost.**



Thanks for watching!

