

What Is Your Goal?

- Is it to lose weight?
- Is it to maintain current weight?
- Is it to gain weight?



Calories Consumed – Food, Drinks and Alcohol.

Calorie Burnout via – Resting energy expenditure (BMR), Physical activity level (activities of daily living), Exercise (aerobic/Resistance) and Fidgeting.

Weight loss – Consume less calories you burn i.e. – calorie deficit

Weight Gain – Consume more calories you burn i.e. – calorie surplus

Weight Maintenance – Consume more calories you burn i.e. – calorie surplus

It does not matter what type of diet you are following and what your goal is but understanding the principle of Energy balance is important.

It is important to understand that energy balance does change constantly, **for example if you did workout in gym or having a rest day.**

AND in our life, things change daily/weekly.... THAT'S JUST LIFE!!

For Example- Work or personal Stress level

Injury

Physical Activity Level

Fitness level increases/ decreases



For all above Calorie intake and Calorie output need to be considered, if you want to hit your goal but enjoy your food and also try to incorporate some physical activity in your lifestyle.

Choose A Healthy Lifestyle!!