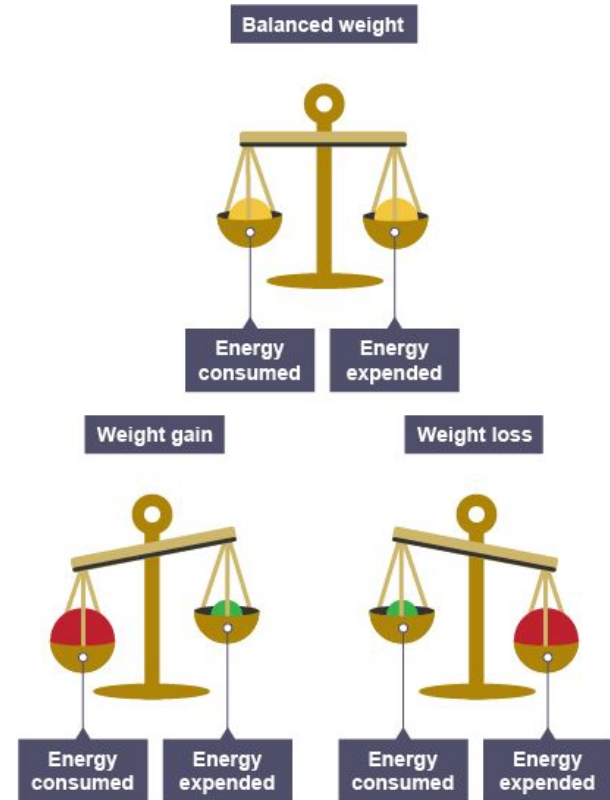


# Your Results Hidden Weapon

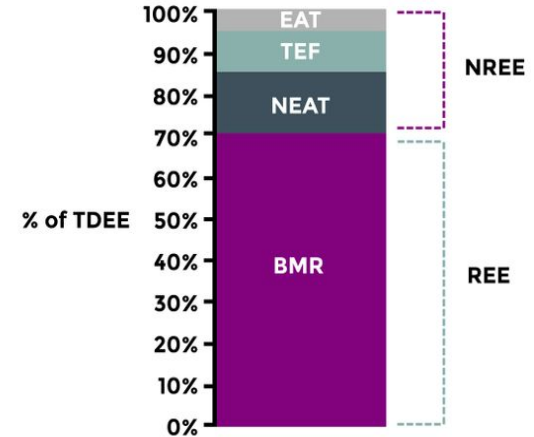
# Weight Loss/Gain Equation

- In simple terms:
  - Consuming the same amount of energy as expending will result in weight maintenance
  - Consuming more energy than expending will result in weight gain
  - Consuming less energy than expending will result in weight loss
- **We can only go so low with reducing energy consumption before we need to increase energy expenditure**
- This is tied to BMR (Basal Metabolic Rate) - energy required to keep the body going and all systems functioning correctly.
- And Low Energy Availability (LEA) where symptoms like fatigue, poor recovery, bone loss, and hormonal disruption all worsen.



# Breaking down energy expenditure

- TDEE = (Total Daily Energy Expenditure).
- BMR (Basal Metabolic Rate) - this includes the energy (calories) required to keep the body functioning. Actions like breathing and circulation.
- EAT (Exercise Activity Thermogenesis) - this is our structured exercise e.g LIST sessions, gym workouts, cardio like cycling, swimming, running.
- TEF (Thermic Effect of Food) - energy burned by food digestion.
- **NEAT (Non-Exercise Activity Thermogenesis)** - the energy burn from all 'unstructured' physical activity.

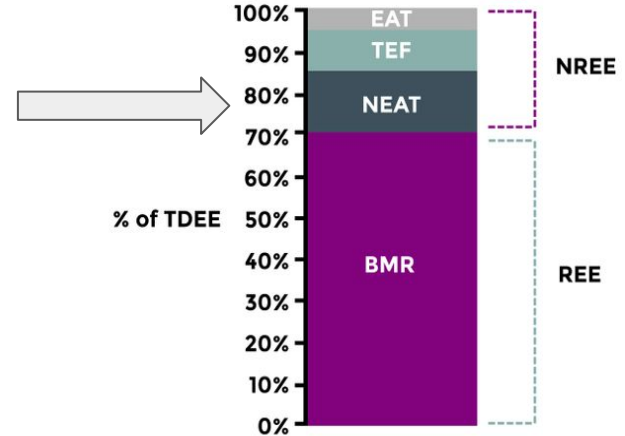


TDEE = Total Daily Energy Expenditure  
REE = Resting Metabolic Rate  
NREE = Non-Resting Metabolic Rate  
EAT = Exercise Activity Thermogenesis

BMR = Basal Metabolic Rate  
NEAT = Non-Exercise Activity Thermogenesis  
TEF = Thermic Effect of Food

# How can we use this?

- BMR, TEF and EAT all have clearer limiting factors:
  - BMR - only changes very gradually over time
  - TEF - not something we can change dramatically
  - EAT - time, recovery, circumstances all cap output
- NEAT - activities like standing, moving around the house, climbing stairs, chores, steps, are all built into the day and offer the most opportunity for progression.
- (Non-Exercise Activity Thermogenesis) makes up roughly 15% of our TDEE.
- EAT (Exercise Activity Thermogenesis) makes up roughly 5% of our TDEE.



TDEE = Total Daily Energy Expenditure  
REE = Resting Metabolic Rate  
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BMR = Basal Metabolic Rate  
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## How much of a difference can it make?

- Meet... Jane and Joan
- Both 5ft 6", 50 years old, 90kg and 40% body fat.
- Both have sedentary jobs, 7 hours sleep per night, perform 3 LIST workouts per week.
- Jane does 4,000 steps per day, Joan does 8,000 steps per day.
- 2,000 steps = 100kcal
- Joan's NEAT is 200kcal per day more than Jane's NEAT.
- 200kcal more per day x 30 days = 6,000kcal per month
- 7,700kcal = 1kg of body fat, 0.75kg per month



# Month 1

Jane

- **Bodyweight = 90kg**
- 4,000 Steps
- 0.5% weight loss per week
- $0.45\text{kg} \times 4 \text{ weeks} = 1.8\text{kg}$
- **Bodyweight = 88.2kg**

Joan

- **Bodyweight = 90kg**
- 8,000 Steps
- 0.5% weight loss per week
- $0.45\text{kg} \times 4 \text{ weeks} = 1.8\text{kg}$
- Plus 0.75kg extra from NEAT = 2.55kg
- **Bodyweight = 87.45kg**

Differential = 0.75kg



## Month 3

Jane

- **Bodyweight = 88.2kg**
- 4,000 Steps
- 0.5% weight loss per week
- 0.45kg x 8 weeks = 3.6kg
- **Bodyweight = 84.6kg**

Joan

- **Bodyweight = 87.45kg**
- 8,000 Steps
- 0.5% weight loss per week
- 0.45kg x 8 weeks = 3.6kg
- Plus 1.5kg extra from NEAT = 5.1kg
- **Bodyweight = 82.35kg**

Differential = 2.25kg



## Month 6

Jane

- **Bodyweight = 84.6kg**
- 4,000 Steps
- 0.5% weight loss per week
- 0.4kg x 12 weeks = 4.8kg
- **Bodyweight = 79.8kg**

Joan

- **Bodyweight = 82.35kg**
- 8,000 Steps
- 0.5% weight loss per week
- 0.4kg x 12 weeks = 4.8kg
- Plus 2.25kg extra from NEAT = 7.05kg
- **Bodyweight = 75.3kg**

Differential = 4.5kg



# Month 12

Jane

- **Bodyweight = 79.8kg**
- 4,000 Steps
- 0.5% weight loss per week
- 0.4kg x 24 weeks = 9.6kg
- **Bodyweight = 70.2kg**

Joan

- **Bodyweight = 75.3kg**
- 8,000 Steps
- 0.5% weight loss per week
- 0.4kg x 12 weeks = 9.6kg
- Plus 4.5kg extra from NEAT = 14.1kg
- **Bodyweight = 61.2kg**

Differential = 9kg



# Steps Challenge! (March 25th-31st)

- We going to walk... Route 66!
- Approximately 2,448 miles (3,940km)
- Roughly 5.4 million steps! (771,000 per day)
- 100 members = 7,700 each per day
- Based on last years average, it's possible!
- Steps Workouts in the 'More' section



# Takeaways/ Questions