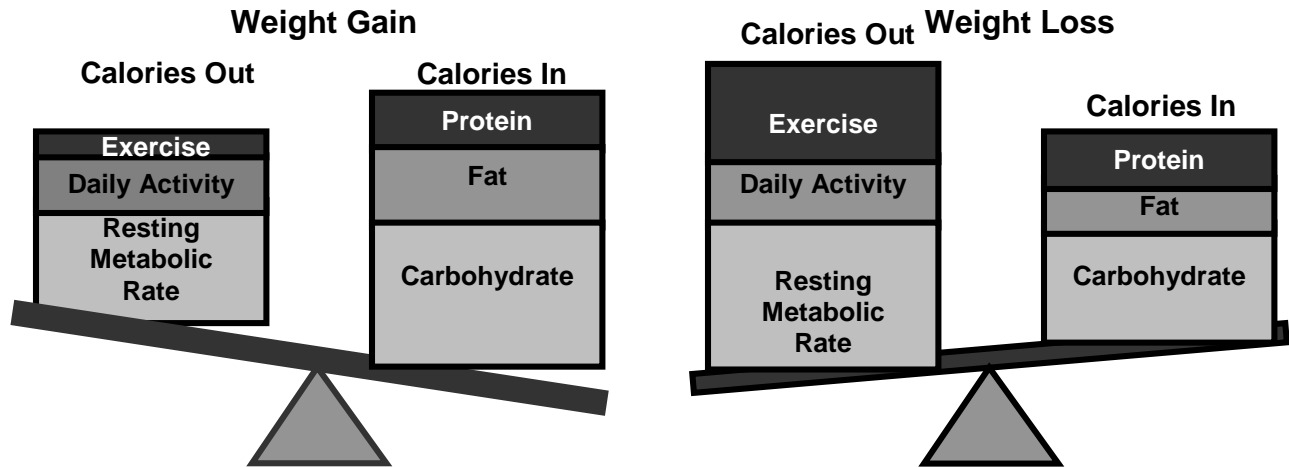


## Calorie Balance: Weight Gain vs. Weight Loss



**Weight Gain** is caused by an energy imbalance, whereby the number of calories that our body burns is less than those coming into our body (food).

**Weight Loss** is caused by an energy imbalance, whereby the calories burned by the body (metabolism) exceeds the calories brought into the body in food.

**Note:** the mild resting metabolism and low level of daily activity and exercise in the weight gain imbalance and the increase in exercise and physical activity driving higher Calories Out in the weight loss.