



## FIVE Metabolic Terms (and their Acronyms)

Losing weight is not as simple as cutting calories and exercising more; it's a complex systems problem. Beyond the emotional and behavioural patterns that form an **eating system**, numerous **physiological systems** are also deeply involved in the energy balance that ultimately affects your weight.

That said, by understanding these foundational concepts, you can learn how to work with your physiology rather than fighting against it. And maybe even relate to your body in a more intelligent and compassionate way.

<b>Basal Metabolic Rate (BMR)</b>	<p>Breaking down the term: <b>Basal</b> refers to the foundation or base of a system, while <b>Metabolic</b> relates to metabolism, which encompasses all the processes your body uses to convert food and drink into energy, build and repair tissues, and eliminate waste. <b>Rate</b> refers to the fact that it's measured continuously over a day, indicating how many calories your body burns in a resting state.</p> <p>In simple terms, your BMR represents the baseline amount of energy your body needs just to keep itself running -breathing, keeping your heart beating, and producing cells. It uses up the most of your overall energy expenditure.</p>
<b>Non-Exercise Activity Thermogenesis (NEAT)</b>	<p>NEAT is the energy you burn during regular daily activities, like walking to your car, tidying up, or even lifting a mug for your morning coffee. These small movements add up throughout the day and contribute to how your body expends energy.</p>
<b>Exercise Activity Thermogenesis (EAT)</b>	<p>EAT represents the calories you burn during planned physical activities, whether it's running, swimming, or lifting weights. These workouts require more fuel, just like your body needs more energy to power through exercise compared to casual daily tasks.</p>
<b>Thermic Effect of Food (TEF)</b>	<p>TEF is the energy your body uses to digest, absorb, and process the food you eat. Just like the car needs energy to utilise fuel, your body burns calories simply by breaking down the food you consume, distributing nutrients, and turning them into energy. This process plays a small but important role in your overall daily calorie burn.</p>
<b>Total Daily Energy Expenditure (TDEE)</b>	<p>TDEE is the total number of calories your body needs each day to maintain its current weight, considering all physical activities and physiological processes.</p>