



YMCA Awards

Level 3 Nutrition to support
physical activity
2018

Level 3 Nutrition to support physical activity

The energy balance equation

Energy balance equation

- Energy in $>$ energy out = weight gain
- Energy in $<$ energy out = weight loss
- Energy in = energy out = weight maintenance

Creating an energy deficit is key to weight loss

Weight gain

- A calorie surplus whereby energy in is greater than energy out

Weight loss

- A calorie deficit whereby energy in is less than energy out

Weight maintenance

- A calorie equality whereby energy in is equal to energy out

