

What Determines Energy Needs?

2. The thermic effect

- Amount of calories expended to digest, absorb, and process food (about 10% of calories in food eaten)
 - Carbohydrate 5-10%
 - Fat 0-5%
 - Protein 20-30%
 - Alcohol 15-20%

3. Physical activity increase your energy needs.

- Sedentary people expend less than $\frac{1}{2}$ energy of BMR in physical activity
- Very active athletes can expend twice BMR

Effects Of Energy Needs And

Ian Pickup



Effects Of Energy Needs And:

The Enigmatic Realm of **Effects Of Energy Needs And**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Effects Of Energy Needs And** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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