**Exercise on Fat and Muscle**

* When daily caloric intake equals the calories burnt in a day there is neither a weight gain or loss
* If an individual exceeds their daily caloric need by 500 calories a day for seven days, 3500 extra calories would have been consumed
* This would translate into 1 pound of fat
* It would not matter there the excess calories came from (carbs, proteins, fat) it would be stored as fat
* The general rule to losing body fat is to decrease daily calorie intake by 500 and increase your exercise level

**Body Mass Index**

* a measure of assessing the energy equation (ie. underweight/overweight)
* used by medical professionals to assess risk of disease processes
* BMI = weight/ height2