

Weight Management

1. What is hunger?
2. What is appetite?
3. What is satiety?
4. Why is it important to eat breakfast everyday?
5. What is a calorie?
6. How is excess food energy stored?
7. How much energy do you need?
8. What is Basal Metabolic Rate (BMR)?
9. What is your BMR?
10. How many calories do you need?
11. What is meant by "Energy Balance"?