



## What Happens When You Eat and Run

Here's a quick example to illustrate energy usage in an everyday situation. Let's say you ate a very light breakfast this morning consisting of 100 calories of carbohydrates. This could have been a slice of toast, a cup of cereal, or a bowl of fruit. After breakfast you went for a run, which burned off 370 calories.

Your energy equation would look like this:

$$\begin{array}{r} 100 \text{ calories from breakfast (consumption)} \\ - 370 \text{ calories from running (expenditure)} \\ \hline - 270 \text{ calories (energy debt)} \end{array}$$

So where did the 270 calories come from?

Luckily, the jog you went on was at a slow aerobic pace, which burns more fat for energy instead of carbohydrates. The 270 extra calories your body needed during your jog came from the fat stored in your body and the amount of fat lost is easy to calculate.

Since fat has 9 calories per gram, 270 calories divided by 9 = 30 grams. So your body burned a little more than one ounce (28 grams = 1 ounce) of fat. Now if you eat sensibly the rest of the day without eating more calories than you burn during your normal activities, you have won today's battle and advanced one step (or one ounce) closer to winning the war on fat loss!