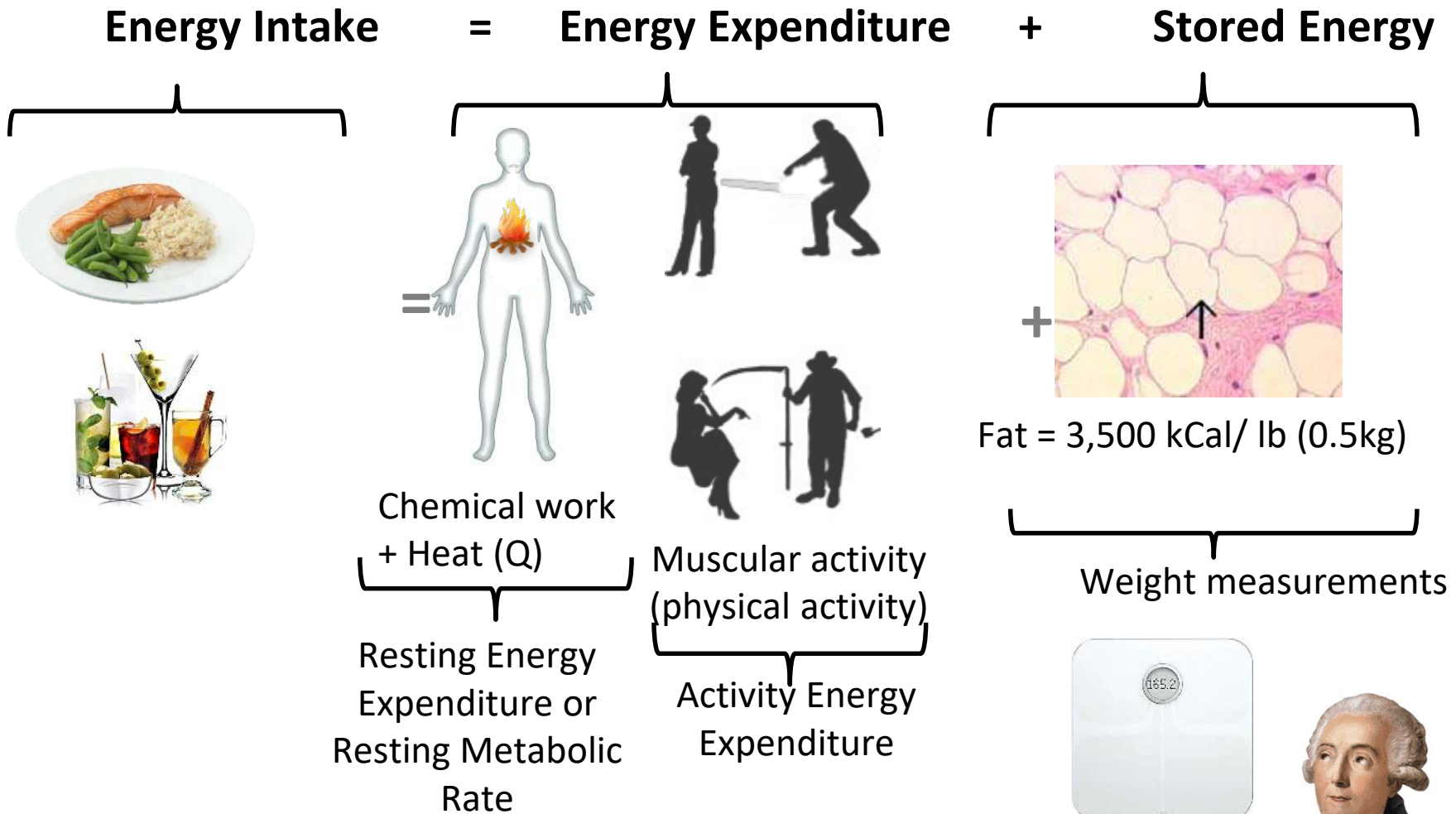


Breezing

Case Study #1

The meaning of Resting Metabolic Rate (RMR) or Resting Energy Expenditure (REE)?

First Law of Thermodynamics



Antoine Lavoisier 1743-1794



First Law of Thermodynamics

Stored Energy

Energy Intake

Energy Expenditure (*TEE*)



=



-



Resting (REE)

+



Physical Activity



REE or RMR

=



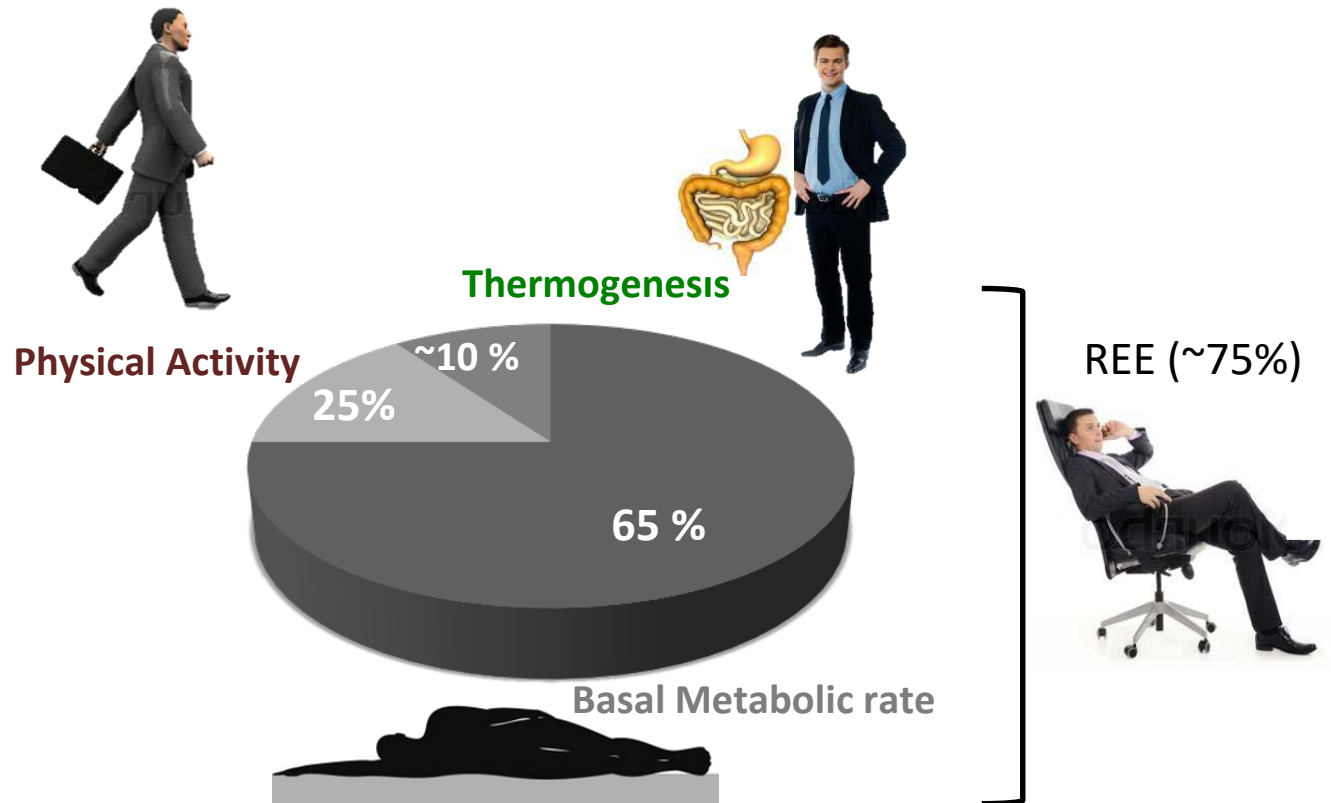
Basal Metabolic Rate (BMR)
(0.9 x REE)

+



Thermogenesis
Energy Expenditure
(0.1 x REE)

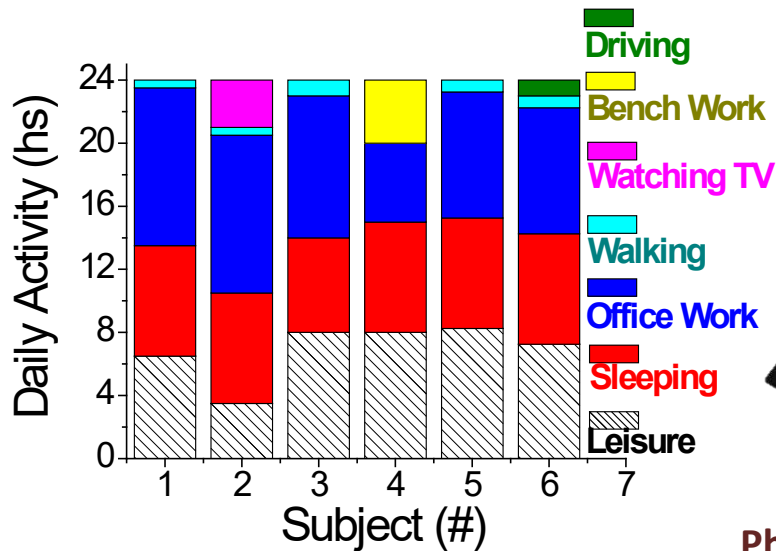
Total Energy Expenditure



*McArdle, Katch & Katch, Ex. Physiology, 2009

How Sedentary Are We?

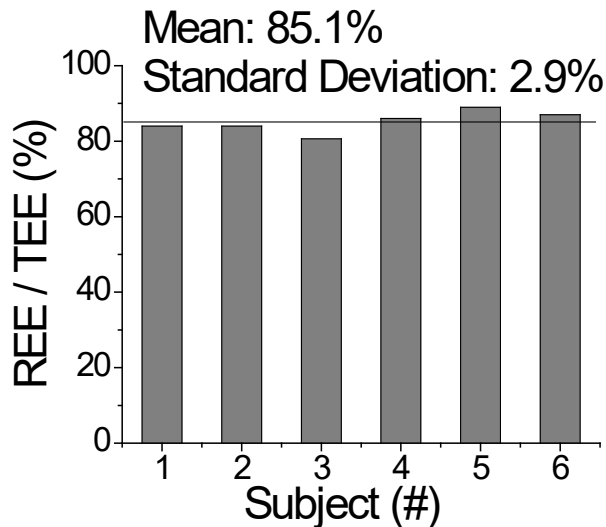
B. Ainsworth, M. Terrera, Arizona State University, 2013



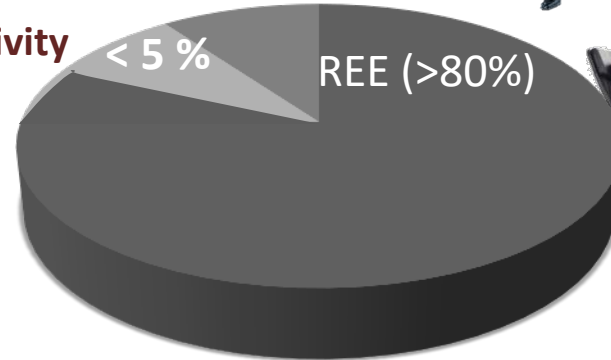
Physical Activity



Thermogenesis



25% → 5%

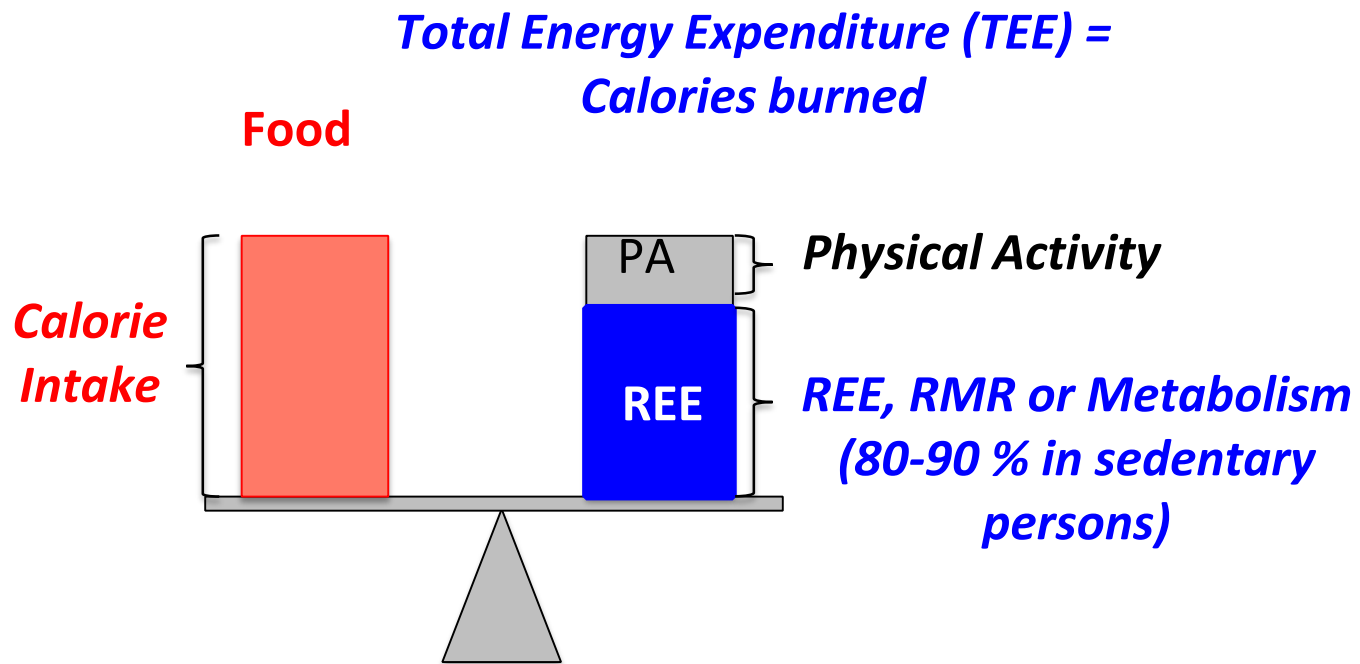


Basal Metabolic rate



Most of daily total energy expenditure (TEE) is spent to maintain basic body functions (energy expenditure at resting state, REE)

Energy Balance



Thank YOU !

Questions to:

info@brezing.com