

Energy Balance

Body & health

Where energy is spent, and why the largest share is not exercise.

Approximate share of total daily energy expenditure.

Component	Share	What it is
BMR	60–70%	Basic function at complete rest
NEAT	15–30%	Fidgeting, walking, all non-exercise movement
Thermic effect of food	~10%	Digesting and absorbing
Exercise	5–15%	Deliberate activity

NEAT varies enormously between people and adjusts downward when intake drops — which is part of why weight loss slows.