🧠Why Do We Gain Fat?

Let’s break it down simply: **body fat is your body’s way of storing energy.** That’s its core job. When you eat more energy (calories) than your body needs, it doesn’t just disappear—it gets stored. And that storage? It’s fat.

From an evolutionary perspective, this was a survival superpower. Back when food wasn’t always available, your body needed a way to save up extra energy for the lean times. Fat storage made that possible.

**⚖️ The Calorie Balance Equation**

Your body has a unique number of calories it needs each day to maintain your current weight. This includes your BMR (the energy you burn at rest) plus everything else—movement, exercise, digestion, etc.

If you consistently eat **more** than your body needs, it stores the extra.  
 If you consistently eat **less**, your body taps into those stored reserves (fat) for energy.

So while there are lots of theories out there about weight gain, the most fundamental reason is this:  
 **Calories in vs. calories out.** That’s the core of fat gain.

**🛡️ But Fat Isn’t the Enemy**

Here’s something important: **body fat isn’t bad.** In fact, it’s essential. Losing *all* your fat isn’t the goal—and it wouldn’t be healthy.

Your body fat plays several key roles:

* **Regulates your body temperature**
* **Protects your organs, bones, and muscles**
* **Stores hormones** that help control hunger, appetite, and other vital functions

So yes, fat is energy storage—but it’s also a functional, protective part of your physiology. The goal isn’t to lose as much as possible. It’s to find a healthy balance that supports your body and your goals.

**🧾 Quick Recap: What You Need to Know**

* Body fat = energy storage
* You gain fat when you consistently eat more than your body needs
* Fat helps regulate temperature and protect vital organs
* Fat stores key hormones that influence hunger and metabolism
* Fat isn’t something to “get rid of”—it’s something your body uses