🔍 How Do We Lose Fat?

Let’s bring it back to your metabolism. Your **Basal Metabolic Rate (BMR)** is a key part of the fat loss equation—it’s the number of calories your body burns just to keep you alive and functioning at rest. It’s influenced by things like your age, gender, muscle mass, and overall body composition.

But here’s the thing: BMR isn’t the whole story.

To get a clearer picture of how many calories *you* burn in a day, we also need to factor in your lifestyle—how much you move, what you eat, and how active you are overall. When you combine all those pieces, you get your **Total Daily Energy Expenditure (TDEE)**. That’s the number that really matters when it comes to fat loss.

**🔥 The Real Key: Caloric Deficit**

If you want to lose fat, the most important thing is this:  
 **You need to burn more energy than you consume.** That’s called a **caloric deficit**—and it’s the foundation of every successful fat loss strategy.

You can create that deficit in two main ways:

* **Eat fewer calories** than your body needs
* **Burn more calories** through movement and exercise

Ideally, you do a bit of both. A balanced diet with nutrient-dense foods and smart portion control helps you manage intake. And regular physical activity—whether it’s structured workouts or just moving more throughout the day—helps you increase your output.

**🧠 What About Hormones and Genetics?**

You might’ve heard that things like insulin, hormones, or genetics are the “real” reasons people gain weight. And yes, they can influence how your body responds to food and stores fat. But here’s what the science consistently shows:

👉 **Energy balance—calories in vs. calories out—is still the most critical factor.**

Hormones and genetics may affect *how* your body handles calories, but they don’t override the basic math. If you consistently eat more than your body uses, fat gain happens. If you consistently eat less, fat loss follows.

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

* BMR is your baseline calorie burn, but TDEE gives the full picture
* Fat loss happens when you’re in a caloric deficit
* You can create a deficit by eating less, moving more, or both
* A balanced diet and regular activity support metabolism and fat loss
* Hormones and genetics matter—but energy balance is still king