**🧠 Module 1 Recap: Understanding Your Body & Fat Loss**

Let’s tie everything together. Fat loss isn’t just about eating less and moving more—it’s about understanding how your body works and how to support it through the process. Here are the key takeaways:

**🔥 Your Metabolism & Energy Needs**

* Your **Basal Metabolic Rate (BMR)** is the number of calories your body burns at rest to keep you alive.
* When you add in movement, exercise, and digestion, you get your **Total Daily Energy Expenditure (TDEE)**—the full picture of how many calories you burn in a day.
* If you consistently eat **more** than your TDEE, you’ll gain weight (**caloric surplus**).
* If you consistently eat **less**, you’ll lose weight (**caloric deficit**).

**⚙️ What Happens During Fat Loss**

* In a calorie deficit, your body slows down to conserve energy.
* You may lose **lean body mass** (like muscle) along with fat if you’re not careful.
* This is why smart nutrition and movement matter—not just cutting calories.

**🏋️‍♀️ Exercise: Optional but Powerful**

* You don’t *have* to exercise to lose weight—but it helps.
* **Strength training** preserves muscle, boosts metabolism, and shapes your body.
* **Cardio** burns calories and improves endurance.
* A mix of both is ideal, but strength training should be your foundation.

**😴 Lifestyle Matters More Than You Think**

* **Sleep** is essential—poor sleep disrupts hormones and slows fat loss.
* **Stress** raises cortisol, which can lead to fat storage and emotional eating.
* **Mindless snacking** adds hidden calories that sabotage your deficit.
* Managing these factors helps you stay consistent and avoid plateaus.

**🧠 Final Thoughts**

Your body is smart. When you’re in a deficit, it may push back—slowing metabolism, increasing cravings, and justifying little snacks. That’s why **conscious restraint**, **stress management**, and **sleep hygiene** are just as important as your meal plan.