Figure 1.

Body Mass
Exercise

Central Appetite System

Learning/Memory
Hedonics

Ghrelin
CCK, PYY, GLP-1

Episodic Hunger/Satiety Signals

Nutrient Availability

GI Tract

Metabolic Requirements

Leptin/Insulin

FFM

FM

REE

EAT

TEF

FFM

Favors FFM > FM

Self-Regulation

Episodic Hunger/Satiety Signals

Exercise

Energy Balance

EI

EE

+ +

- -

Episodic Hunger/Satiety Signals

Nutrient Availability

Potentiates Satiety Signals

FFM > FM

(RMR)
Figure 2.

\[ y = 0.0015x + 1.164 \]

\[ R^2 = 0.473 \]
Figure 3.

- Mean change in body mass = 3.3 ± 3.3 kg
- Mean change in fat mass = -3.8 ± 3.5 kg