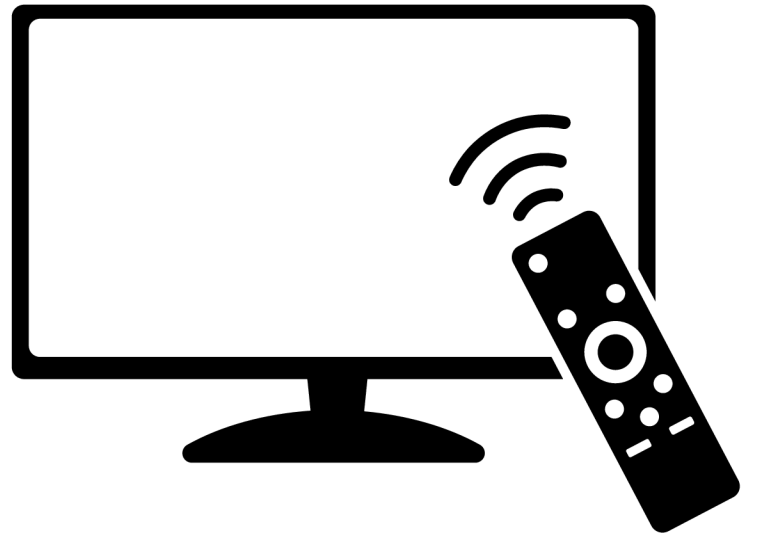


LIFESTYLE PATTERNS THAT PUSH CALORIES UP

Sedentary Days

- More screen time and automated chores mean less natural movement.
- Fewer daily steps lower total energy burned.



Less Sleep

- Short nights disrupt appetite hormones.
- Hunger and cravings rise, especially for high-calorie foods.



Stress & Cortisol

- Chronic stress boosts appetite and encourages fat storage around the abdomen.
- Emotional eating often follows.

