GoWoman
A Weight Loss Program for Women with Mobility Impairments

The Energy Balance Scale

In collaboration with:
University of Houston, Texas Obesity Research Center
University of Montana, Rural Institute
Case Western Reserve University, Medical School
Arizona State University, Dept. of Nursing & Health Innovation
Gain Weight

Maintain Weight

Lose Weight

Calories Consumed (eating)

Energy Intake

Resting Calories

Activity

Exercise

Energy Expenditure
Gain Weight

Lose Weight

Maintain Weight

Calories Consumed (eating)

Resting Calories

Activity

Exercise

Energy Intake

Energy Expenditure
Maintain Weight

Gain Weight

Lose Weight

Energy Intake

Energy Expenditure

Calories Consumed (eating)

Resting Calories

Activity

Exercise