

The Physics of Fat

by

Tony Heyes

Based on an Ocham's
Razor program by
Rubin Meerman

If you loose weight, say,
1 Kgm, where does it
go?

Meerman asked

- Doctors
- Health practitioners
- Fitness Trainers
- In all he asked 150 people

They answered:

- Energy
- Poo
- Muscle
- Only three got it right!!!!

Energy

- Einstein provided the formula
- $E = mc^2$
- 1 Kgm is equivalent to
8.9876 X 10¹⁶ Joules
- Approximately 1,426 Hiroshima bombs !!!!

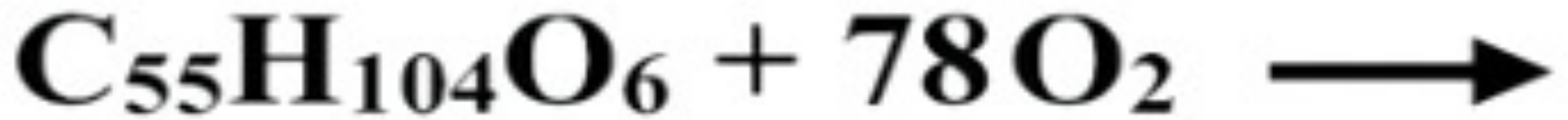
Poo and Muscle

- Both answers show a total misunderstanding of bodily functions
- So where does it go?

And the correct answer is

- 85% is breathed out as Carbon Dioxide
- The rest as water

The Equation of Fat



We can do some
calculations.....

So

- We loose 9 mgms of carbon per breath
- Assuming 16 breaths per minute
- That's 144 mgms per minute

And

- 8.64 gms per hour
- 207 gms per day
- 1.45 Kgm per week
- Add 15% for the water ie. 1.7Kgm

Graph of the weight loss
against time for people
on hunger strike

The young football team
trapped in a Thailand
cave for 18 days each,
on average, lost 2 Kgms.

The take home message

- You lose about 1.7 Kgms per week without even trying
- If you wish to weigh less
- Keep breathing
- &
- Eat less

The End