

How humans economize: energy restriction and end energy expenditure

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STELLINGEN
Behorend bij het proefschrift

**How humans economize
Energy restriction and energy expenditure**

1. Gewichtsverlies verhoogt het risico op gewichtstoename. *(dit proefschrift)*
2. Minder eten leidt tot minder bewegen. *(dit proefschrift)*
3. Tijdens een energiebeperkt dieet wordt de energievoorziening van de hersenen op peil gehouden door minder te bewegen. *(dit proefschrift)*
4. Tijdens een energiebeperkt dieet leidt een geringe vermogen om de vetreserves aan te spreken tot meer adaptieve thermogenese. *(dit proefschrift)*
5. When people yo-yo diet, they are creating a disconnect between body fat and metabolic rate. *(Layne Norton)*
6. Voeding is belangrijker voor gewichtsregulatie dan lichaamsbeweging. *(Klaas Westerterp)*
7. Education is the most powerful weapon to change the world. *(Nelson Mandela)*
8. Nothing in biology makes sense except in the light of evolution. *(Theodosius Dobzhansky)*
9. Curiosity has its own reason for existing. *(Albert Einstein)*

Stefan Gerardus Joseph Anna Camps
Maastricht, 16 april 2015