



## The Department of Nutritional Sciences Fall 2021 Seminar Series

### "Evolution, Activity, and Aging in Human Energy Expenditure"

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**Wednesday, October 6, 2:15 PM**

Zoom Registration: <https://go.rutgers.edu/Pontzer-Seminar>

Metabolic energy expenditure, the combined activity of our 37 trillion cells, and shapes our daily energy requirements and affects our health. Conventional wisdom in evolutionary biology has held that daily energy expenditures are similar for closely related species, increase at a constant rate with body size through growth and development, and are strongly affected by physical activity levels. Recent work measuring energy expenditures in humans and other primates has challenged each of these views. In this talk, I discuss these new insights and their implications for understanding the evolution, ecology, and ontogeny of energy expenditure.



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