



values of the two groups were the same when expressed per fat free mass and were lower than the predicted values using WHO's formulas. Walking was found to be the only major activity which used up large amount of energy and the only activity that the obese spent significantly higher energy than the normal.

The results of this study seem to point towards inactivity as the culprit of mild obesity.

From the measurement of energy intake and energy expenditure, the energy requirement may be stated for Thai women aged 25-35 years old, with 150-160 cm height, normal weights and moderate activity (activity factor = 1.6) to be about 1,600 kcal. For Thai women of the same age, height, activity factor but with mild obesity (69-79 kg), it is less conclusive, the energy requirement should be about 2,000 kcal.