

Workshop

Solving the Mysteries of Energy Expenditure Compensation

12 – 15 July 2026
Fanhams Hall
Hertfordshire, UK



Funded places for early-career researchers

The more active we are during the day, the more calories we will have burned by the end of it. This is the received wisdom on how people's levels of activity affect their daily energy expenditure (DEE). Yet it is contradicted by the observation that average DEE remains stable in the long-term regardless of changes in activity levels, both in humans and other animals. If we accept this as reality, it represents a fundamental change in how we conceive the relationship between physical activity and DEE, with profound ramifications for our understanding of energy balance, weight management and the current

obesity epidemic. Despite this, we have little idea how the body achieves energy compensation and to what degree.

To thoroughly explore the mysteries of energy expenditure compensation, this Workshop will include the following sessions:

- Humans - behavioural-physiological energy compensation
- Non-human animals - behavioural-physiological energy compensation
- Changes in body composition
- Changes in metabolism at the sub-cellular level
- Statistical modelling of energy compensation

Organisers

Vincent Careau
Lewis Halsey

Speakers

Edward Archer
Jose Areta
Melissa Bateson
Anja Bosy-Westphal
Éric Doucet
Javier Gonzalez

Steven Heymsfield
Karsten Koehler
Marek Konarzewski
Stephanie Levy
Danny Longman
Kimberley Mathot

Herman Pontzer
Erik Postma
Karine Salin
Andrew Yegian

Secure your place* alongside leading experts and other early-career researchers from a diverse range of scientific backgrounds.

Deadline: 16 January 2026

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