

# Re: Energy and Mass

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- *From:* Sam Wormley <[swormley1@xxxxxxxxxx](mailto:swormley1@xxxxxxxxxx)>
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Jon Slaughter wrote:

When one measures mass of an object does it include measuring the energy that the object contains? (Since mass and energy are "equivilent")

Yes--Gravitational mass includes ever bit of momentum\*-energy

Suppose I have a measure the mass of a box and then I "put" some energy in it. When I measure it will I get a different mass?

Yes--however it'll take more energy than you have laying around.