Weight Management Mini-Workshop

Estimating Daily Calorie Needs Using Weight, Height and Age

Use the appropriate Harris-Benedict formula below to calculate your Basal Metabolic Rate (BMR):

Adult MALE

66 + (6.3 x weight in lbs.) + (12.9 x height in inches) – (6.8 x age in years) = BMR

Adult FEMALE

655 + (4.3 x weight in lbs.) + (4.7 x height in inches) – (4.7 x age in years) = BMR

Next you must account for physical activity. The information for this part of the equation varies, but the International Fitness Association says that you multiply the following physical activity score (that applies to you) to your calculated BMR.

Sedentary	=	BMR x 1.2 (little or no exercise, desk job)
Lightly Active	=	BMR x 1.38 (light exercise / 1-3 days/week)
Moderately Active	=	BMR x 1.55 (moderate exercise / 3-5 days/week)
Very Active	=	BMR x 1.73 (hard exercise / 6-7 days/week)
Extremely Active	=	BMR x 1.9 (hard daily exercise or training for marathon, etc.)

Now you can use this number as the appropriate number of calories you can consume in a day, if you're trying to maintain your weight. If you're trying to lose, eat fewer calories (about 250 a day) and increase physical activity. Trying to gain? You can add healthy calories and weight training.

Estimating Daily Calorie Needs Using Lean Body Mass

(Must have body fat % value to calculate)

BMR (men and women) = [21.6 x lean mass in kg (lbs. / 2.2)] + 370

To figure lean mass in kg:

Weight (lbs.) x body fat %	=	lbs. of fat
Weight (lbs.) – lbs. of fat	=	lbs. of lean
Lbs. of lean divided by 2.2	=	lean mass in kg

Then multiply by activity factor as described above.

Decrease Fat Intake

Fat supplies more than twice the calories as carbohydrates or proteins and can be stored as body fat more quickly.

1 gram fat = 9 calories

By decreasing the amount of fat in the diet, you can automatically reduce caloric intake. Counting your fat grams is one way to decrease the amount of fat in your diet. The current recommended guideline for fat consumption is that 20 - 30% of total calories consumed in a day, come from fat.

How to calculate number of fat grams allowed per day (based on what % of fat you choose).

To calculate 30% of total calories coming from fat:

1) Multiply your total calories by 30% (0.30)

Example: 1800 calories
x .30
540 fat calories

2) Divide fat calories by 9 (1 gram fat = 9 calories)

540 ÷ 9 = 60 grams/day

One way of cutting the fat in your diet is to make substitutions for some of your high fat foods. For example:

High Fat	Healthier Substitute
Butter (1 tbs.) = 102 calories	Jelly (1 tbs.) = 49 calories
Mayonnaise (1 tbs.) = 100 calories	Mustard (1 tbs.) = 25 calories
French Fries (1 ounce) = 90 calories	Baked Potato (1 ounce) = 20 calories

Increase Physical Activity

When physical activity is added to a weight loss program, success rates are greatly increased. Exercise also improves your chances of keeping the weight off once it is reduced.

Exercise benefits a weight management program in several ways:

1) Exercise, especially weight training, develops lean muscle tissue. Muscle requires more calories to maintain than fat, so you increase your metabolism.

2) All exercise helps; however aerobic exercise burns more fat than anaerobic exercise. Examples of aerobic exercise: walking, jogging, biking, stair climbing, rowing.

3) Exercise also makes you feel better about yourself, so you are more likely to stay on your weight loss program.