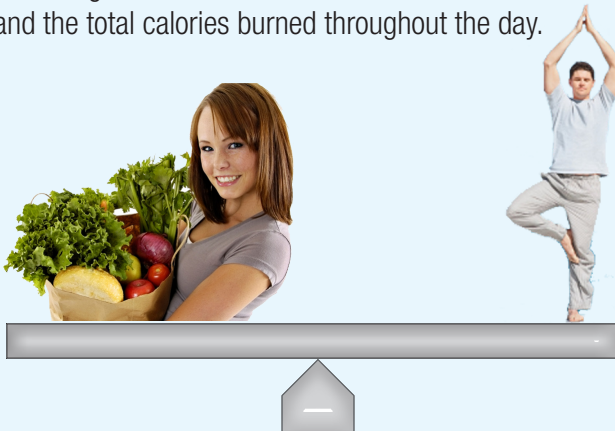


... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

METABOLISM & DAILY CALORIC REQUIREMENT

CALORIE BALANCING ACT

The food we eat is converted into energy that is measured in calories. Understanding your individual caloric intake is vital in weight management. It is a balancing act between the amount of calories eaten and the total calories burned throughout the day.

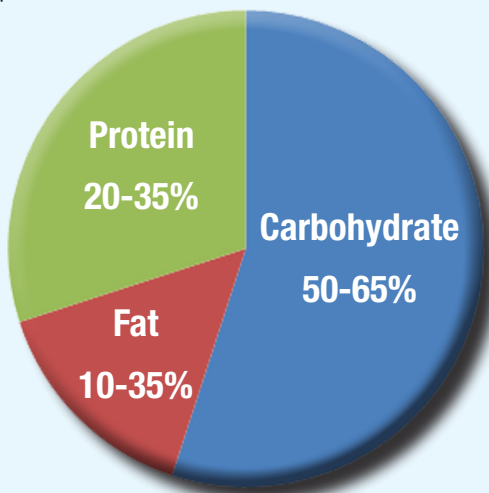


Read on to:

- Understand your metabolism and optimize it!
- Learn how to choose the best calories.
- Calculate your total daily caloric requirement.

CHOOSING THE BEST CALORIES

In order to obtain the appropriate type of calories from your food and beverages, aim to match your daily intake to the pie chart below.



MY METABOLISM

Metabolism is our body's process of converting food into energy and how efficiently we use that energy. The faster your metabolism, the more calories you burn because your body is burning them at a higher rate.

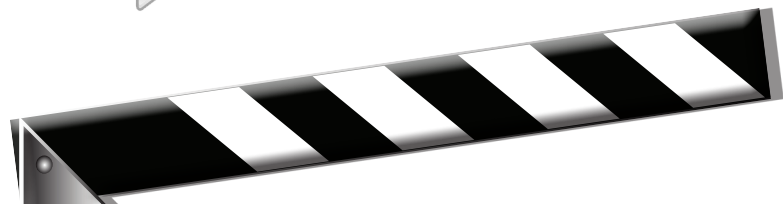
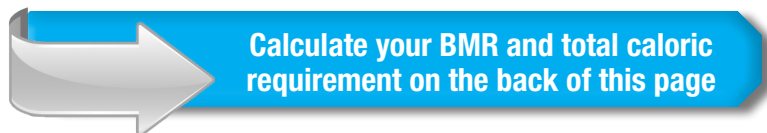
Basal Metabolic Rate (BMR) is the number of calories your body needs to sustain regular everyday activity, such as breathing and digestion. For every activity you do beyond just existing, your body requires additional calories.

Too much?

If you eat significantly above your needs, your body stores the excess calories as fat.

Too little?

Eating too few calories can harm your metabolism and cause serious health problems. Speak with your Wellness Coach about safe and effective weight management.



Coach's Quick Take

Optimize your metabolism by eating and drinking the right amount of food for your metabolic needs.



Eating a well balanced meal every **two** to **four** hours.
Variety, in foods and activities!



Going for long periods without eating.
Taking in too many or too few calories.
Eating the same foods everyday.

MY BASAL METABOLIC RATE

A good formula for determining your BMR is the **Harris-Benedict Equation**. Use the area below to enter your information and find your basal metabolic rate. Next, multiply by an activity factor to determine how many calories you should be ingesting on a daily basis.

Examples:

- » 30 year old female who weighs **156** pounds and is 5 foot 4 inches (**64 inches**). BMR = **1,493 calories** per day
- » 48 year old male who weighs **237** pounds and is 6 foot 0 inches (**72 inches**). BMR= **2,132 calories** per day



$$655 + (4.35 \times \text{My weight in pounds}) + (4.7 \times \text{My height in inches}) - (4.7 \times \text{My age})$$



$$66 + (6.23 \times \text{My weight in pounds}) + (12.7 \times \text{My height in inches}) - (6.76 \times \text{My age})$$

MY TOTAL CALORIC NEED

Now that you know your basal metabolic rate, the last step is to multiply by your physical activity level. Keep in mind, your physical activity level is determined by everything you do beyond the activities of daily living. This number represents the amount of calories required to meet all your energy expenditure needs for a day.

Speak with your Wellness Coach about your daily caloric recommendations if you are wanting to lose or gain weight.

Physical Activity Level	Multiply Your BMR By
None (sedentary) <i>Seated the majority of the day</i>	1.2
Light (1-3 days/week) <i>On your feet and moving all day with periodic exercise</i>	1.375
Moderate (3-5 days/week) <i>A physical laborer or participant in sports/exercise on most days</i>	1.55
Heavy (6-7 days/week) <i>Working out vigorously for over one hour daily</i>	1.725
Very Heavy (multiple times per day) <i>A professional athlete</i>	1.9

My BMR

(from formula above)

X

My Physical Activity Level

(from chart to left)

My Total Caloric Requirement

This is how many calories you need on a daily basis

RESOURCES

www.usda.gov

www.fitnessforlife.org

www.bmi-calculator.net