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AR1 eNewsletter

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In this issue we look at understanding calories and using them to lose weight.

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Calories and Weight Loss Made Simple



Counting calories can sometimes be a daunting thing. Not understanding how much food you need to be eating to lose weight, how much exercise you need to be doing can sometimes make the weight loss process frustrating and slow.

To lose weight you need to understand the relationship between the food that you are putting into your body as opposed to the "energy" you exert through exercise and the daily activity you are doing.

At the end of the day it is quite simple. In this eNewsletter I have outlined the calculations that you can make to work out how many calories you need to eat on a daily and weekly basis as well as how many calories you need to be "burning" when you are at the gym to help you to lose weight.

However please remember that every person's body is different and that this is to be used as a guide. The human body is an extremely complex machine hence there are no "hard and fast rules" that apply to absolutely everybody.

To work out what YOUR body needs on a daily basis we will walk through the following steps:

- * Work out what your Basal Metabolic Rate is (BMR)
- * Work out your activity Level
- * Create a deficit so you can lose weight.

1. Basal Metabolic Rate

The first thing that we need to work out is what your Basal Metabolic Rate is (BMR). Don't stress it's not as scary as it sounds. BMR is the number of calories that you burn during the day for your body to function and does not include exercise (sitting on the couch, breathing, walking etc).

Men

$$(10 \times \text{weight}) + (6.25 \times \text{height}) - (5 \times \text{age}) + 5 = \text{BMR}$$

Women

$$(10 \times \text{weight}) + (6.25 \times \text{height}) - (5 \times \text{age}) - 161 = \text{BMR}$$

To give you an example:

An 85kg woman who is 160cm and 30 years old would do the following calculation.

$$(10 \times 85\text{kg}) + (6.25 \times 160\text{cm}) - (5 \times 30\text{years old}) - 161 = 1539$$

This means that the above person needs to eat 1539 calories per day to function.

2. Activity Level

Now we need to calculate how active you are on a day to day basis.

Sedentary (1.2) - immobile most of the time;

Light (1.375) - Working in an office, light cleaning, shopping, light exercise at low intensity;

Moderate (1.55) - Constantly moving, on the go (salesperson), moderate exercise a few times a week;

Active (1.725) - Quite active, exercises at high intensity most days of the week;

Heavy (1.9) - Very active, highly physical job (labourer etc), strenuous exercise daily;

Once you have selected the appropriate activity level you need to multiply the number in brackets to your BMR.

Using the above example, our client selects a light activity level; $1539 \times 1.375 = 2116$ calories per day. You can then multiply this by 7 to get your weekly intake of calories. For example 2116×7 (for 7 week days) = 14812. This means that the lady in our example needs to eat 14812 to function. If she did this consistently and did not exercise she would maintain her current weight.

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3. Creating a Deficit so you can loose weight

Let's get to the nitty gritty. **If you would like to lose 0.5KG per week** you need to create a calorie deficit of 3500. This deficit is over the ENTIRE week.

Using our example, we will take the ladies weekly allowance of 14812 and subtract the 3500 which is required to lose ½ a kilo. $14812 - 3500 = 11312$ which is your new weekly allowance. Then work out what you need to eat on a daily basis, we divide this new figure by 7; $11312 / 7 = 1616$.



To lose 1kg per week you need to create a deficit of 7000 calories over a week period.

Here is the catch – women need to consume at LEAST 1200 calories per day otherwise their body will go into starvation mode. So $14812 - 7000 = 7812$ for a week or 1116 a day. This amount is too little fuel for your body. You will not lose weight LONG TERM if you eat less than 1200 calories a day on a consistent basis. *By long term I mean being able to keep the weight off for the rest of your life. If you eat under 1200 calories you may 'lose weight' but as soon as you start eating normally again your body may put all the weight back on. This is why "low calorie diets / low energy diets" do not work long term.*

This leaves the question, if I have to eat at least 1200 calories then how do we create the remaining deficit? The answer is through exercise! If you were to exercise 7 times a day and burn 500 calories in each session it will equal 3500 calories. Now you have created a FOOD deficit of 3500 and you have also created an EXERCISE deficit of 3500 which equals 7000 calories. This will give you an approximate loss of 1kg per week.

Once you have worked out your own formula for the amount of food and energy you need to be using, you have a guide for succesfull weight loss. The great thing about using this method is it means that you are completely in control and you don't have to starve yourself of the things you love. Using this method you can have a glass of red wine, or a chocolate bar. It's all about accounting it into your daily calorie intake.

However, please remember there are no hard and fast rules to losing weight. After reading this article if you decide that you don't want to count calories, thats fine. You can use the information you have learnt here to give you an understanding of the volume of food you need to be eating. You can begin to use general measures (cups, spoons, hands etc) to get an idea of what is appropriate for you and your body to lose weight.

Until next time;

Remember you can wait for it to happen, or YOU CAN MAKE IT HAPPEN!

A handwritten signature in black ink that reads "Amanda Woollard".

Amanda Woollard

Personal Trainer

AR1 and Fitness First

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