

Caloric expenditure and Intake – An easy way to estimate both!

-To estimate your caloric needs,

1. Multiply your weight in LBS by 11 (female) or 12 (male).
2. Multiply by 1.55 (joggers or walk/joggers) or 1.375 (walkers).
3. This is the amount of calories you will need per day with exercise.

--OR—

Go to www.caloriecheckbook.com (you do NOT have to join) and fill in the self assessment tool. It will give you an estimate of how many calories you need to maintain your current weight.

Its an equation—to lose weight, consume less or burn more.
To gain—consume more as well as workout (build muscle mass)

-To estimate calories consumed,

Go to [www.caloriesperhour.com/index food.php](http://www.caloriesperhour.com/index_food.php).

A safe weight loss rate is 1-2 lbs/week.

When you workout...whether you want to lose, gain or stay the same, give your body time to readjust. You are literally rearranging and adjusting muscle mass to fat ratio and increasing your metabolic rate.

Good luck!