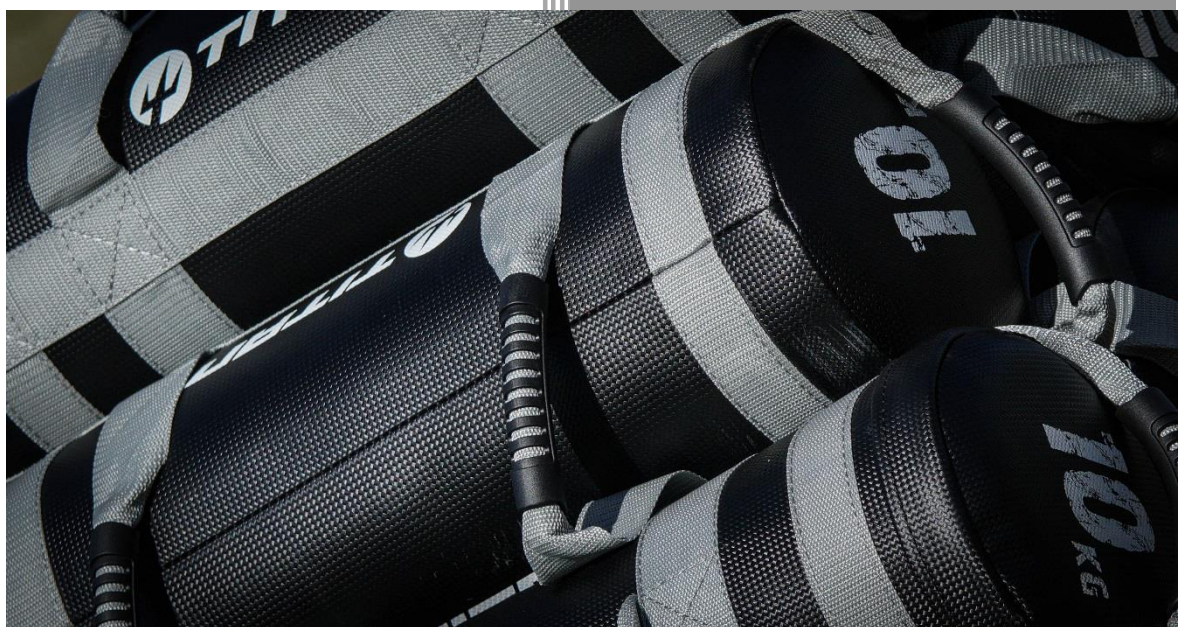


2019

Calories 101



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CALORIES 101

CALORIES

Before we get into it, I just want to clarify that I am not a Qualified Dietician and so if you have specific queries, food allergies or intolerances I suggest you go see a Registered Professional.

Let's start with the basics. Calories and energy balance.

The Energy Balance equation can be simply looked at as follows:

When we consume more calories than we expend = Weight Gain

When we consume fewer calories than we expend = Weight Loss

When we consume the same number of calories as we expend = Weight Maintenance

Pretty easy right?

Yes and no. For some of you this will seem really daunting while for others it will be natural.

For you to achieve the best possible results, getting on top of your nutrition is going to be an important part of the process. To do this we need to establish approximately how many calories per day you require.

Step 1: Calculate your BMR (Basal Metabolic Rate)

ENERGY FOR BMR

HARRIS –BENEDICT EQUATION

- Men = $66 + (13.7 \times \text{weight kg}) + (5 \times \text{height Cm}) - (6.8 \times \text{age in years})$
- Women = $655.1 + (9.6 \times \text{weight kg}) + (1.8 \times \text{ht cm}) - (4.7 \times \text{age in years})$

SHORT METHOD

- Men: 1 kcal/kg/hour x 24 hours
- Women: 0.9 kcal/kg/hour x 24 hours

BMR = _____



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Step 2: Calculate your TDEE

Amount of Exercise/Activity	Description	TDEE/ Maintenance
Sedentary	Little or no Exercise/ desk job	TDEE = 1.2 x BMR
Lightly active	Light exercise/ sports 1 – 3 days/ week	TDEE = 1.375 x BMR
Moderately active	Moderate Exercise, sports 3 – 5 days/ week	TDEE = 1.55 x BMR
Very active	Heavy Exercise/ sports 6 – 7 days/ week	TDEE = 1.725 x BMR
Extremely active	Very heavy exercise/ physical job/ training 2 x/ day	TDEE = 1.9 x BMR

Select the most appropriate activity level that describes you.

For example, lets says I have a BMR of 1800 I am pretty very active so my TDEE = $1.725 \times 1800 = 3105\text{kcal}$. This number basically means for me to stay at the same weight, this is the number of calories I need to eat per day.

TDEE = _____

Step 3: Creating a sustainable calorie deficit.

Studies have shown that those who cut calories drastically will see short term “weight” loss success however this is made up of water, muscle and if you are lucky a small % will be bodyfat.

What we want to create is a slower rate of progressive fat loss that is achievable and sustainable for you to maintain long term results.

We are going to aim to create a 10-15% calorie deficit per day which in the grand scheme of things won’t be too difficult to achieve.

TARGET DAILY CALORIES = _____

The important thing to remember here is to not get bogged down in the numbers. Use them simply as a guide to help make better decisions and choices.



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Top tips:

- ✓ Cut down the amount of processed foods you eat, aim for as many single ingredient foods for your meals.
- ✓ Try and reduce alcohol intake or limit it to weekends if you currently drink during the week.
- ✓ Where possible chose foods that rot (vegetables, fruits, meat, nuts etc.)
- ✓ Don't make wholesale changes all at once. Aim for 2-3 things that you think you can easily manage for a week or two, then aim for another 2-3 things after that. We want to create sustainable long-term changes – not just ones that last for the short term.
- ✓ Learn how to read food labels. Knowledge is power when it comes to nutrition and worldwide research has shown that most of us underestimate how many calories, we think we consume each day. Talk to us at anytime re interpreting food labels if you are unsure.
- ✓ Write it down. Writing it down will keep you accountable plus you can review this on a weekly basis and see if where you have done well, where you can improve and other changes you could potentially make to.



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