



Kcals In and Kcals Out

“You Are What You Eat” is an old and true saying for everyone. We consume food for energy so that our body can put out energy. Even when we are sitting and watching television our body is burning kcals. Unfortunately most of us have gotten really good at consuming more energy than our bodies put out everyday, which results in WEIGHT GAIN!

What many people fail to realize is that you have to eat food in order to lose weight. Our bodies require energy in order to maintain necessary body functions (i.e. cell turnover, immune function). This is called our **Resting Metabolic Rate (RMR)**. RMR can represent up to 90% of the Total Energy Expenditure for sedentary persons. The most significant way to increase your RMR without using medication is by increasing your lean muscle/fat ratio – *which is the information each Competitor received on their Bod Pod report.*

Total Energy Expenditure (TEE) or Total Daily Calories (TDC) is your Resting Metabolic Rate + your normal activity (get up in the morning, shower, fix breakfast, go to work – yes, calories are burned by just normal activity, even limited activity). To lose weight, we want our caloric intake to stay below our TEE but always stay above our RMR. IF our caloric intake stays above RMR, we will be able to increase muscle.

- ***IF CALORIC INTAKE FALLS BELOW RMR ON A CONSISTENT BASIS, Weight loss will plateau because;***
 - ***Metabolism will decrease (or slow down).***
 - ***Body will metabolize muscle and store fat.***
 - ***This may cause a further restriction in calories since weight loss has plateaued.***
 - ***Further caloric restriction cannot be maintained.***
 - ***Person will then “give up” and an increase in calories will result in rapid weight gain due to decreased metabolism.***

Balance

In order to lose weight a calorie deficit must be created. For healthy weight loss it is recommended decreasing Total Energy Expenditure by 250 to 500 kcal per day and consuming kcals to meet this lowered energy expenditure.

- 250 caloric reduction per day = 1/2 lb. of weight loss per week.*
- 375 caloric reduction per day = 3/4 lb. of weight loss per week.*
- 500 caloric reduction per day = 1 lb. of weight loss per week.*

How do I find out my Resting Metabolic Rate?

Your Bod Pod report has Resting Metabolic Rate information. While this information can be helpful, it is only an estimate. Good Bodies has equipment normally used in a Research based environment that very accurately measures Resting Metabolic Rate. There is information in your packets on our Metabolic Program. If you think a Resting Metabolic Rate assessment would be helpful, call Good Bodies for more information.

Changing your behaviors is the key to **permanent** lifestyle changes. Looking at food as a fuel source for your body can help to keep things in perspective. Many people over eat by using food as a stress reliever, a coping mechanism, or a mindless routine. Before you eat stop and think about the role it will play in your total daily food intake. If you know the meal you are about to consume is going to put your total kcal intake for the day above your Total Energy Expenditure you should choose something that is lower in kcals or plan your day to incorporate exercise that will expend those excess kcals.