



## Calories in and Calories out

“You Are What You Eat” is an old and true saying for all of us. Energy begets energy, so we need to consume food for energy so that our body can put out energy needed in daily life. Even when we are sitting and watching television our bodies are burning calories. Unfortunately most of us have become very good at consuming more energy than our bodies put out every day, resulting 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 (including cell replacement, immune, nervous, and brain function). This is called our **Resting Metabolic Rate (RMR)**. In sedentary individuals **RMR** can represent up to 90% of the daily **Total Energy Expenditure (TEE)**. The most significant way to increase your **RMR** is by increasing your lean muscle/fat ratio – *you received information on this in your initial Bod Pod report.*

**Total Energy Expenditure (TEE) or Total Daily Calories (TDC)** is calculated by adding your **RMR** to the calories burned in your daily activity (including exercise and activities). Your Bod Pod report has an estimation of what your personal **TEE/ TDC** is based upon an activity level of:

- Sedentary
- Low Active
- Active
- Very active

Be conservative in choosing where you think you fall as far as the categories listed, and then use that number as your starting point when factoring any caloric restrictions or new activity or exercise. To lose weight effectively and have the best chance of making the loss permanent, we want our caloric intake to stay below our **TEE** but always stay above our **RMR**. IF your caloric intake stays above **RMR**, you will also be able to maintain or increase lean muscle mass.

- ✓ *If caloric intake falls below the resting Metabolic Rate on a consistent basis, weight loss will plateau because:*
  - *Metabolism will decrease (or slow down).*
  - *The body will metabolize muscle for energy and conserve fat.*
- ✓ *In many cases, we see the following then occur:*
  - *Individual attempts a further restriction in calories since weight loss has plateaued.*
  - *This additional caloric restriction cannot be realistically maintained.*
  - *Person then “throws in the towel” and the increase in calories results in rapid weight gain due to decreased metabolism and loss of muscle.*

## Getting started

In order to lose weight you must create a caloric deficit by reducing caloric intake **and** increasing activity. For most individuals interested in healthy weight loss, a total caloric deficit of 250 to 500 calories per day from both sources is recommended.

- ✓ *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.*

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 will put your total caloric intake for the day above your **TEE**, you should choose something lower in calories, or plan to increase your activity to offset those additional calories.

## Our recommendations:

- ✓ *From our experience, a slight caloric deficit coupled with a moderate increase in activity and exercise works best for the purpose of sustainable weight-loss.*
- ✓ *Strength training is a must to help preserve or increase lean muscle mass, which will maintain or increase metabolic rate. Two weekly full body sessions of 40-45 minutes is sufficient for most needs and goals.*
- ✓ *Try to space your total daily calories over 4 to 5 small, balanced meals. Have some protein at each meal!*