



Are You Eating **ENOUGH** to Facilitate Weight Loss?

Most of us know that in order to lose weight you have to be in a calorie deficit. But many of us have already decreased our metabolism by NOT EATING ENOUGH!

How does this happen? Simple, you over eat, gain weight, and when you realize how big you've become, you think "Dieting" or "Drastic Calorie Reduction" is the only way to lose the weight. So, you start skipping breakfast, eating only salads, and exercising.

But if you aren't eating enough calories to maintain your Basal Metabolic Rate (BMR) and you're exercising, your body will fight back by holding onto its fat reserves and will start burning muscle. Yes you'll lose weight, but it will be a higher percentage of muscle mass (Fat-Free Mass) and it will slow your metabolism further making weight loss harder.

For REAL WEIGHT LOSS (FAT LOSS) you need to EAT! How much you ask?

Use the BMR Calculator here:

<http://www.muscleandstrength.com/tools/bmr-and-daily-calorie-calculator.html>

First choose the units of measure you are entering (lbs/inches)

Next enter your body weight in pounds

Then enter your height in inches

Next enter your age

Then select your gender

Next select your activity level. This is an important step, don't select an activity level you hope to attain, select your REAL activity level.

Finally, press the "Calculate Daily Calorie Needs" button. Your Daily Calorie Needs will appear above the BMR Calculator in red text like this:

Your Daily Calorie Requirements Are: 2150 Calories Per Day

What this is telling you is that given your current weight, height, age, gender and activity level you should be able to eat that many calories and not gain weight! So if we want to lose weight we have to create a calorie deficit by subtracting from that number. Typically you subtract 500 calories from your DCR to get your Daily Calorie Requirements For Weight Loss. In this example that would leave us with (2150-500) 1650 calories.

We should be able to lose 1 pound a week, just by eating 1650 calories a day, 500 calories less than our calculated daily calorie requirements.

There is a generally recommended "lower limit" for daily calorie levels. For most men, this level is 1800 calories and for most women it is 1200 calories. So if your number is lower than that, start with the lower limit.

Have you been keeping track of the calories you eat, and they are nowhere near the number that the calculator gave you? Rather than immediately increase your calorie intake to the calculated level, it would be wise to “RAMP UP” to that calorie level with small calorie increases.

First, figure out how many calories you eat each day by tracking the calories in all the food you eat for several days. For this example, let’s say we’ve only been eating an average of 1200 calories per day.

Now subtract that 1200 from the calculated daily calorie requirements for weight loss, 1650 to get the amount of calories we need to increase by.

$$1650 - 1200 = 450$$

Rather than jumping right to 1650 calories each day, let’s “RAMP UP” to 1650 over a period of two weeks. So divide the difference by 14.

$$450 / 14 = 32$$

Now we add ~32 calories each day, to allow our metabolism to ramp up to our recommended calorie needs for weight loss.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1232	1264	1296	1328	1360	1392	1424
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
1456	1488	1520	1552	1584	1616	1650

From Day 14 on, you should finally be consuming your Daily Calorie Requirements For Weight Loss AND losing weight!

Make sure to spread these calories out over 5 or 6 small meals, eating every 3 to 4 hours to keep your metabolism revved up.

$$1650/5 = 330 \text{ calories per meal}$$

You daily eating pattern should mimic the table below:

5 Meals A Day	Calories per Meal
7:00 AM – Breakfast	330 Calories
10:00AM – Mid Morning Snack	330 Calories
1:00 PM – Lunch	330 Calories
4:00 PM – Mid Afternoon Snack	330 Calories
7:00 PM – Dinner	330 Calories

Ideally, you want to have each meal contain about the same amount of calories as shown in this table.

If this is not possible, make sure that you are eating at least 4 meals a day and be careful not to exceed your calculated

Daily Calorie Requirements For Weight Loss.

If you are not losing weight, make sure you are tracking your calories properly and not exceeding your calculated Daily Calorie Requirements For Weight Loss.

Dave Herber is certified by the American Council on Exercise in Lifestyle and Weight Management Counseling and Personal Training. He is also a Certified Personal Trainer under the National Strength and Conditioning association. You can reach Dave by email at dave@exercise2u.com, by phone 724-657-4490, his website is www.exercise2u.com. Please feel free to join Exercise2U's fan page on

facebook as well!



Daily Calorie Requirements For Weight Loss Worksheet

1. Use the BMR Calculator here:

<http://www.muscleandstrength.com/tools/bmr-and-daily-calorie-calculator.html>

First choose the units of measure you are entering (lbs/inches)

Next enter your body weight in pounds

Then enter your height in inches

Next enter your age

Then select your gender

Next select your activity level. This is an important step, don't select an activity level you hope to attain, select your REAL activity level.

Finally, press the "Calculate Daily Calorie Needs" button. Your Daily Calorie Needs will appear above the BMR Calculator in red text.

2. Calculate your Daily Calorie Requirements For Weight Loss by subtracting 500 calories from your BMR in # 1

Calculated BMR	- 500 Calories	Daily Calorie Requirements For Weight Loss
	- 500	=

3. If you are not eating close to your Daily Calorie Requirements For Weight Loss.

Subtract the number of calories you are eating from it.

Daily Calorie Requirements For Weight Loss	- Actual Daily Calorie Consumption	Difference
		=

4. Divide the difference by 14 to get the calorie increase increment to add to the Daily Calorie Requirement For Weight Loss level.

Difference	/ 14	Calorie Increase Increment
	/ 14	=

5. Map out your Ramp UP schedule over 14 days. Adding the Calorie Increase Increment to the Actual Daily Calorie Consumption on day 1, then adding the Calorie Increase Increment to Day 1 calories for day 2 and so on until you reach your Daily Calorie Requirements For Weight Loss.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

6. When you are finally eating enough calories to keep your metabolism running high, make sure you divide those calories over 5 meals and eat every 3 to 4 hours.

Daily Calorie Requirements For Weight Loss	/ 5 Meals	Calories Per Meal
	/ 5	=

5 Meals A Day	Calories per Meal
7:00 AM – Breakfast	
10:00AM – Mid Morning Snack	
1:00 PM – Lunch	
4:00 PM – Mid Afternoon Snack	
7:00 PM – Dinner	

If you can't eat 5 equal size meals a day, make sure to get as close to your Daily Calorie Requirement For Weight Loss!