# HOW TO CALCULATE YOUR CALORIES AND DIET STRATEGIES

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### GLOSSARY:

BMR: BASAL METABOLIC RATE

RMR: RESTING METABOLIC RATE

CALORIE DEFICIT: CONSUMING CALORIES LOWER THAN MAINTENANCE

CALORIE SURPLUS: CONSUMING MORE CALORIES THAN MAINTEANCE

MAINTENANCE: AMOUNT OF CALORIES REQUIRES TO KEEP WEIGHT THE SAME CALORIES

NEAT: NON EXERCISE ACTIVITY
THERMOGENSIS

EAT: EXERCISE ACTIVITY THERMOGENESIS

TEF: THERMIC EFFECT OF FOOD METABOLISM

### Method 1

### Go Online and search:

Harris Benedict
Kacth Mcardle
Mifflin St jeor

fill in their calculator add up the numbers, divide b 3 to get an average

### MODIFIED HARRIS BENEDICT EQUATION:

Male:

BEE (kJ) =  $278 + (57.5 \times kg Wt) + (20.9 \times cm Ht) - (28.3 \times age)$ 

Female:

BEE (kJ) =  $2741 + (40 \times kg Wt) + (7.7 \times cm Ht) - (19.6 \times age)$ 

EER = BEE x IF

### Injury Factor (IF):

% Burn	<10	11-20	21-30	31-50	50+
a)	1.2	1.3	1.5	1.8	2.0

### katch mcardle BMR = 370 + (21.6 x Lean Body Mass(kg) )Lean Body Mass = (Weight(kg) x (100-(Body Fat)))/100

### MIFFLIN ST JEOR FORMULAS:

MEN 10 X WEIGHT (KG) + 6.25 X HEIGHT (CM) - 5 X AGE (Y) + 5

WOMEN

10 X WEIGHT (KG) + 6.25 X HEIGHT (CM) - 5 X

AGE (Y) - 161

### Now multiply by your PAL-choose

Lifestyle	Description	PAL Level
Sedentary	Little to no activity, desk bound	1.1
Lightly Active	Light activity, some of the day standing and walking	1.3
Moderately Active	Moderate activity levels, on feet most of the day, shelf stacking, street sales people etc	1.5
Very Active	Hard daily activity, working long days on building site	1.7+

### To gain weight add 100/200 calories

If you want to lose weight minus 100-200 calories from this figure

### STEP 1

WEIGHT YOURSELF, TAKE PHOTOS FRONT SIDE AND BACK, MEASURE YOUR HIP AND WAIST

### STEP 2

DOWNLOAD MY FITNESS PAL,, EAT AND DRINK
NORMALLY- WEIGH EVERYTHING AND SCAN IT IN MY
FITNESS PAL
DO NOT CHANGE ANYTHING IN YOUR DIET

DO NOT CHANGE ANYTHING IN YOUR DIET START TRACKING YOUR STEPS AND NOTING YOUR EXERCISE

### STEP 3:

AFTER DAY 7 WEIGH YOURSELF, TAKE PHOTOS FRONT SIDE AND BACK, MEASURE YOUR HIP AND WAIST

STEP 3:DAY 14, WEIGH YOURSELF, TAKE PHOTOS FRONT SIDE AND BACK, MEASURE YOUR HIP AND WAIST

### TEP 4

IF YOUR MEASUREMENTS HAVE GONE DOWN/WEIGHT HAS GONE DOWN/PICTURES SHOW IMPROVEMENT THEN CONTINUE ON THESE CALORIES, THIS IS YOUR CALORIE DEFICIT

IF WEIGHT HAS GONE UP, PICTURES SHOW WORSE SHAPE/MEASUREMENTS HAVE GONE UP THEN THIS IS YOUR CALORIE SURPLUS

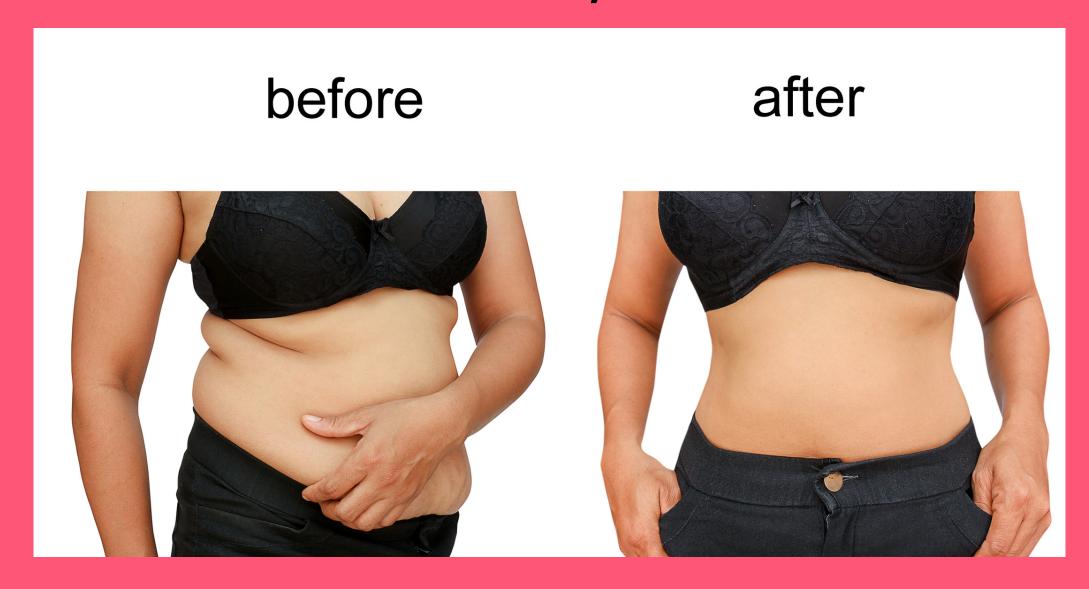
IF YOUR WEIGHT IS THE SAME, PICTURES LOOK THE SAME, MEASUREMENTS LOOK THE SAME
THIS IS YOUR CALORIE MAINTENANCE, SO YOU WILL NEED TO EITHER INCREASE STEPS 10% OR DROP CALORIES 10%OR BOTH

## METHODS OF WEIGHT LOSS/FAT LOSS





## WEIGHT LOSS= GETTING SMALLER FOR EXAMPLE BEFORE 70KG, AFTER 50KG



FAT LOSS=
STAYING THE SAME SIZE FOR
EXAMPLE
BEFORE 70KG, AFTER 70KG

### METHOD 1:

### PORTION CONTROL- USE SMALLER PLATES

### METHOD 2:

MACRONUTRIENT PORTIONS:

2 PALMFUL PROTEIN, HALF
PLATE VEG/SALAD/FRUIT AND
HANDFUL CARBS, THUMBSIZE
FATS

METHOD 3: TRACKING
CALORIES/ MY FITNESS PAL

METHOD 4: NUTRITION PLAN

METHOD 5:PHYSICAL ACTIVITY

### METHOD 5: NEAT AND EAT

EAT: EXERCISE

DO MORE

DO LONGER

MORE INTENSE- MORE

SETSP, MORE REPS, SLOW

EXERCISES, HOLD, LESS

REST, MORE EXERCISES,

GO FASTER (CARDIO)

NEAT: STEPS/GENREAL MOVEMENT: YOU NEED

### WHAT IS **NEAT** AND WHY IS IT IMPORTANT?

### **NEAT = NON-EXERCISE ACTIVITY THERMOGENESIS**

AKA: ALL MOVEMENT THAT ISN'T STRUCTURED EXERCISE



@cheatdaydesign







DANCING IN THE SHOWER

1 HOUR OF EXERCISE = 4% OF YOUR DAY

NEAT = 63% OF YOUR DAY

(IF YOU SLEEP 8 HOURS)

Increasing your NEAT will...



**HELP WITH FAT LOSS** 



**IMPROVE OVERALL HEALTH** 



**ENHANCE** YOUR MOOD

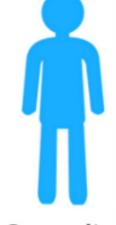
### Non Exercise Activity Thermogenesis (NEAT)

This is the amount of calories your body uses for everything thats not eating, exercise, BMR or sleeping. Based on activity & can make up 10-40% of your total caloric burn - Based on activity level













Standing Doing the dishes or cooking

METHOD 6: INTUITIVE
EATING
USE TRAFFIC LIGHT SYSTEM
GREEN=HUNGRY- GO INTO
MEALS FEELING THIS
AMBER=SATISFIED, HAD
ENOUGH FOOD- TRY TO
FINISH MEALS IN THIS ZOME
RED= STUFFED AND
BLOATED (AVOID THIS
ZONE)

DISTINGUSIH BETWEEN
HUGER TYPES: PHYSICAL
HUNGER- BELLY RUMBLING
MENTAL HUNGER IS JUST
CRAVINGS