

# 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  
MAINTENANCE**

**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:

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

Female:

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

$$\text{EER} = \text{BEE} \times \text{IF}$$

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

$$\text{BMR} = 370 + (21.6 \times \text{Lean Body Mass(kg)})$$
$$\text{Lean Body Mass} = (\text{Weight(kg)} \times (100 - (\text{Body Fat}))) / 100$$

**MIFFLIN ST JEOR  
FORMULAS:**

**MEN**

$$10 \times \text{WEIGHT (KG)} + 6.25 \times \text{HEIGHT (CM)} - 5 \times \text{AGE (Y)} + 5$$

**WOMEN**

$$10 \times \text{WEIGHT (KG)} + 6.25 \times \text{HEIGHT (CM)} - 5 \times \text{AGE (Y)} - 161$$

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

## METHOD 2

### STEP 1

WEIGH 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  
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**

before

after



WEIGHT LOSS=  
GETTING SMALLER  
FOR EXAMPLE

BEFORE 70KG , AFTER 50KG

before

after



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

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 that's not eating, exercise, BMR or sleeping. Based on activity & can make up 10-40% of your total caloric burn - Based on activity level



Walking



Fidgeting



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 ZONE  
RED= STUFFED AND  
BLOATED (AVOID THIS  
ZONE)**

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