


Basal Metabolic Rate: Calculating your BMR

HOW TO CALCULATE YOUR CALORIES

Basal Metabolic Rate (BMR) is the number of calories you would burn with NO activity.

 **MEN**
BMR = 66 +
(6.23 x *weight in lbs*) +
(12.7 x *height in inches*)
- (6.8 x *age*)

 **WOMEN**
BMR = 655 +
(4.35 x *weight in lbs*) +
(4.7 x *height in inches*)
- (4.7 x *age*)

[TIP: use *Lean Body weight* (% body fat x weight in lbs) if possible]

YOUR TARGET DAILY CALORIE NEEDS

- 1 Little or no exercise: BMR x 1.2
- 2 Light Exercise/sports 1-3 days/week: BMR x 1.375
- 3 Medium Exercise/sports 3-5 days/week: BMR x 1.55
- 4 Hard Exercise/sports 6-7 days a week: BMR x 1.725
- 5 Intense exercise/sports, physical job or twice/day training): BMR x 1.9

Your Basal metabolic Rate (BMR) is the rate at which your body uses energy while at rest to keep vital functions going, such as breathing and keeping warm. It is a good formula to work into your diet regimen to understand how much fuel you need to survive.

Your BMR is dependent on many things such as:

- Age, Weight, Gender
- Exercise
- Temperature (internal)
- Temperature (external)
- Genetics
- Body Surface Area
- Body Fat Percentage
- Diet
- Glands (Thyroid, Adrenaline)

Questions to answer:

1. What is your BMR?
2. Choose a level of fitness that suits your lifestyle, what is your BMR with your certain level of fitness?
3. How many calories should you consume every day to maintain your weight?
4. How many calories should you consume every day to gain weight?
5. How many calories should you consume every day to lose weight?
6. Why is knowing your BMR important?
7. Solve these two scenarios:

What is the BMR for this female with light fitness?

- Female
- Age: 19
- Height: 65 inches (5' 5")
- Weight: 127lbs
- Activity Factor: Lightly active

What is the BMR for this male with moderate fitness?

- Male
- Age: 20
- Height: 70 inches (5' 10")
- Weight: 175lbs
- Activity Factor: Moderately active