



FITTING IN FITNESS



HOW MANY CALORIES DO I NEED?

Here's an easy formula to help you calculate the number of calories you need to consume in a day to maintain your current weight. This formula also takes into account your activity level. The more active you are, the more calories you should consume.

$$(\text{Body Weight in Pounds}/2.2 \times 21.6) \times \text{Activity Level} = \text{Total calories needed for present weight}$$

Activity level: What do you do most of the day?

Even the most sedentary person will burn more just by smiling, laughing, or fidgeting. To get a better sense of how many calories your body uses in any given day, you need to factor in your activity level. To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

Sedentary (little or no exercise):	1.2
Light Active (easy exercise 1-3 days/week):	1.375
Moderate Active (exercise 3-5 days/week):	1.55
Very Active (intense exercise 6-7 days/week):	1.725
Extreme Active (intense exercise + physical job):	1.9



Example: $(150 \text{ lbs}/2.2 \times 21.6) \times 1.2 = 1,767 \text{ Calories per day}$

A sedentary woman weighing 150 pounds would need 1,767 calories to maintain her weight.

If you want to reach a desired weight you can enter your desired weight in the formula to see how many calories you need to consume in order to reach and stay at your desired weight. You can then see the difference in the amount of calories you are consuming and those for your desired weight. If this same woman wanted to lose 25 pounds she could enter 125 pounds and need to eat a total of 1,472 calories or she would need to burn off or consume 255 calories less per day.

*This formula may not be accurate for children, pregnant women, very muscular or extremely obese individuals.