

Body Weight & Caloric Expenditure

Simple Concept

"Calories In" = "Calories Out"

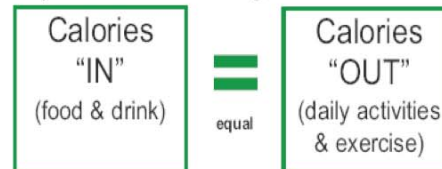
**To maintain current body
weight**

CALORIES & WEIGHT

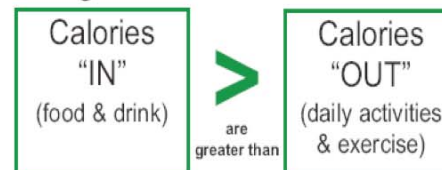
Recommendations:

Simple Equations

To **KEEP** your current weight:



To **GAIN** weight:



To **LOSE** weight:



Body weight, calories, exercise:
where do you stand now?

5 simple steps

What you need:

1. Small notebook- private record
2. Bathroom (digital) scale
3. Tape measure, pencil, or masking tape
4. Calorie counter book, food labels, restaurant nutrition information sheets

Assignment

Step #1

- A) Focus on **calories**
- B) Write down **amounts** of food + drink for one day
- C) Good Health Chart #1: record **calories** for all food + drink
- D) Add up all food + drink calories- record grand **total**- box at bottom

Step #2

Good Health Chart #2: Calories needed to be in energy balance:

A) Find age/sex & activity level

Activity Level

- 1) Sedentary: daily + light physical activities
- 2) Moderate: above + exercise (walking 1.5-3 miles/day @ 3-4 miles/hr)
- 3) Active: above + exercise (walking > 3 miles/day @ 3-4 miles/hr)

Step #2

B) Write down **calorie number** or **range** in notebook

C) You are in **energy balance** if:

"Calories In" (Chart #1 total) =

"Calories Out" (Chart #2 number)

Step #3



- A) Pick 3 days
- B) Same time each day: record your weight
- C) Morning, little/no clothing, no shoes, before breakfast, after urination/bowel movement
- D) Calculate: 3 day average

Step #3

- E) **Height**: No shoes, back straight, heels against wall, feet together, head straight, eyes forward
- F) Mark wall: tape or pencil
- G) Tape measure: **height in feet + inches**
- H) Record in notebook



Step #4: Good Health Chart #3

- A) Find **height**- left side of chart
- B) Move across to **weight**
- C) Move up to **BMI** at top
- D) Record **number**
- E) Note **category** at bottom

BMI: Estimate of body fat

Category

BMI

Underweight

< 18.5

Normal

18.5-24.9

Overweight

25.0-29.9

Obese

30.9 & greater

What to do?

- If underweight & want to gain weight
 - A) **Eat more** food + drink calories and/or;
 - B) **Cut back** on activity level

If Healthy Weight:

A) Continue: "calories in" =
"calories out"

If Overweight:

- A) Reduce food/drink calories;
- B) And increase physical activity

Step #5: Know **“calories out”** (burned) half of energy equation

Good Health Chart #4:

- A) Numbers include resting metabolism + activity;
- B) Calories burned/hour for moderate & vigorous activities

Comparison: Food "calories in" (Good Health Chart #1) vs. "calories out" (Good Health Chart #4)

Example: You eat 1 slice of cheese pizza (270 calories) + H₂O (0 calories)

Good Health Chart #4: You need to walk 1 hour at 3.5 mph to burn 280 calories

Good Health Chart #5: Long-term Good Health

- Pick 3 days in month
- Calculate 3 day averages: food + drink calories, body weight, BMI
- Set goals at top of chart

WEB SITES: Calories in/out, BMI,
Waist/Hip Ratio

<http://healthresources.caremark.com>

(cool tools → fitness & nutrition)

WWW.

americanheart.org/start

cancer.org/docroot/ped/content/ped

nhlbisupport.com