

The Facts To Losing Weight

Where do I start?

FOOD DAIRY Start a food diary and record what you are eating and when you are eating. This will give you a great baseline to work from

BMR is a starting caloric guideline-

For women: $BMR=655+(4.35 \times \text{weight (lbs)})+(4.7 \times \text{height (in.)})-(4.7 \times \text{age})$

For men: $BMR=66+(6.23 \times \text{weight (lbs)})+(12.7 \times \text{height (in.)})-(6.8 \times \text{age})$

Determine how many calories you should consume at a certain level of exercise to maintain your current weight use the Harris Benedict Formula

Sedentary: $\text{Calories}=\text{BMR} \times 1.2$

2. Lightly Active: $\text{Calories}=\text{BMR} \times 1.375$

3. Moderately Active (ex 3-5 days per week): $\text{Calories}=\text{BMR} \times 1.55$

4. Very Active: $\text{Calories}=\text{BMR} \times 1.725$

5. Extra Active: $\text{Calories}=\text{BMR} \times 1.9$

After you determine how many calories a day you need to maintain your weight at your current physical level, either subtract 500-1000 to lose weight or add 500-1000 to gain weight

REASONABLE CALORIC INTAKE Try cutting excess fat and calories to a reasonable level (usually 1200 to 2200 calories a day) and divide these up into frequent small meals (of about 200 to 300 calories each) every few hours. Eat a decent amount of protein with each meal to help you feel satisfied longer.

NOT ENOUGH CALORIES. Starving yourself is counterproductive to weight loss. By depriving your body of food you signal a very basic response, which tells the body to conserve energy. This lowers your metabolism and increases your fat storage capacity. You will actually lose weight slower when your intake is insufficient.

PHYSICAL ACTIVITY Try to increase your activity level. Increase the duration or intensity of your exercise schedules. If you have been only walking or cycling, try doing some weight lifts and vice versa. If you are not yet exercising try to add some sort of activity to your regular schedule. At least 20 minutes a day is recommended for beginners.



DEHYDRATION - Water is the key to good health. Water is essential to lypolysis (the breaking up of fat molecules for energy). If you don't have an adequate water intake your body has a harder time burning fat. Most people do not drink enough water. Divide your body weight in half and that number is the number of ounces you need to drink of water daily.

EAT EVERY 3 TO 4 HOURS - A frequent eating schedule will provide a constant source of energy without the insulin rebound. Six small feedings a day are better than 3 large meals to break the energy/weight loss barrier.

MULTIVITAMIN - CHECK YOUR MINERAL BALANCE - You may have a mineral imbalance. Such as zinc/copper or a trace mineral shortage.

DRINKING TOO MUCH COFFEE, TEA OR ALCOHOL – Certain beverages stimulate release of insulin with a temporary lift in energy followed by hunger, fatigue & slower weight loss.

SMOKING - Some people will not respond to the diet unless smoking is stopped. Smoking uses up vitamin C & stimulates the adrenal gland.

DON'T GIVE UP - Your continued search will probably find the problem and correct it.