

Rethink your calorie deficit

For the general population - yes that's you Catherine, unless you're a performance athlete?!



First you need to understand this



Energy in = energy out

Weight maintenance

Energy in > energy out

Weight gain

Energy in < energy out

Weight loss

What you eat
(Caloric intake)

Total Daily Energy
Expenditure.
(TDEE)

Energy in

Carbs
Protein
Fat
Alcohol



BMR
NEAT
TEF
EEE

Energy out

This should be a dynamic, continuous process that can be changed up to fit your lifestyle.



Second - what's your BMR



Hold up what's BMR?? **Basal Metabolic Rate** - The energy required to sustain vital functions in the waking state - brain function, breathing, digestion.



***** This is ALWAYS just an estimation *****

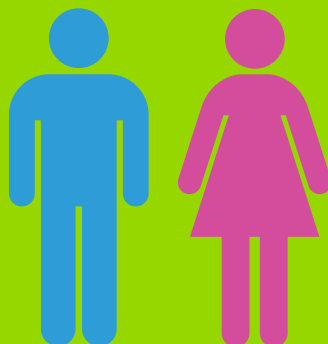


Men:

24 x bodyweight in Kg

Example:

BMR = 24 x 90kg
= 2160 calories



Women:

22 x bodyweight in Kg

Example:

BMR = 22 x 75kg
= 1650 calories

Next add your Daily Activity Factor

This is how much you move that's not exercise or planned training in your normal waking/working day or

NEAT - Non-Exercise Activity Thermogenesis



Men:

2160 x 1.2
= 2592
calories



Sedentary = BMR x 1.2
Little or no activity - desk job.

Lightly active = BMR x 1.4

Some standing or walking.

Moderately active = BMR x 1.6

On feet most of day.

Very active = BMR x 1.8

Working long days on a building site



Women:

1650 x 1.6
= 2640
calories



And now your deficit

It's generally accepted that a 500 calorie deficit/day (or 3500 calories/week) = 1lb fat loss/week so start here!

Men example: 2592 - 500

Your Total daily calorie intake
= **2092**



Women example: 2640 - 500

Your Total daily calorie intake
= **2140**



Or you can go down a % pathway.

Male 15% deficit - 2592 - 15% = 2203 (smaller jump in calories)

Female 20% deficit - 2640 - 20% = 2112 (bigger jump in calories)

*****Remember this is just a starting point and estimation. You may need to adjust to see changes*****



So what about...



2 ...the calories i burn from Exercise?
EEE - Exercise Energy Expenditure is very hard to track and estimates vary hugely. Don't worry and just enjoy moving or training. It's also less of a temptation to 'eat back' those burned calories!

1 ...counting my macros (Protein, carbs and fats)?
Concentrate on your protein at first aiming for 1.2-1.6g/kg bodyweight. Fill the rest of your calories with carbs and fats in whatever way makes you feel best.

Protein also has the highest **TEF - Thermic Effect of Food**. Meaning that it takes more energy to digest, adding to your TDEE.

You can find more info here



or you can email us -
info@rethinkyourfitness.co.uk

3 ...tracking the calories i eat? It doesn't have to be a forever thing, but there's no getting around the fact you need to know what you're eating. A few weeks of logging (and measuring) will help you understand your food choices and calorie goal.

Rethink Fitness
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