

## Daily Caloric Requirements

A pound is equivalent to 3500 calories. To over simplify, if you want to lose one pound per week, reduce your caloric consumption by 3500 calories per week. Consuming less than 1500 calories per day on a regular basis reduces the basal metabolic rate. When the metabolic rate is reduced, fewer calories can be consumed. Excess calories will be stored as fat. This is why it's important to combine exercise with diet in order to affect weight loss.

Your basal metabolic rate is the basic minimum number of calories that are required to maintain your body weight based on average body composition. To calculate your basal metabolic rate:

$$\text{Basal Metabolic Rate (BMR)} = 24 * \text{Weight (lb)} / 2.2$$

OR

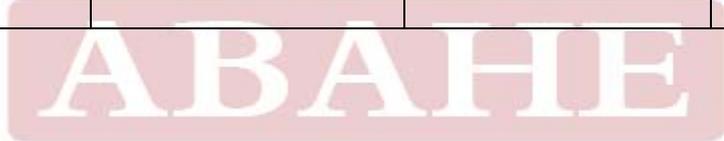
$$\text{Basal Metabolic Rate (BMR)} = 24 * \text{Weight (kg)}$$

The BMR is then multiplied by a number representing the individuals activity level:

Sedentary	Light	Medium	Heavy
BMR * 1.45	BMR * 1.60	BMR * 1.70	BMR * 1.88

Generally, eating more than this number of calories increases weight and less than this number allows weight reduction. However, BMR does not take into account extremes of activity or inactivity. Therefore, BMR should be used as an approximation. Various activities will increase caloric requirements above the BMR. The following table shows the approximate amount of calories required for a 135-pound individual performing the following listed activity for 1 hour:

Activity	Calories Expended	Activity	Calories Expended
Aerobics	620	Bicycling 12mph	620
Running 5mph	500	Ski Machine	550
Walking 4mph	230	Swimming	470
Soccer	370	Stair Master	350



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