

Physical Activity Calories per Minute

ACTIVITY LEVEL*

	Low Intensity	Medium Intensity	High Intensity	Very High Intensity
Your Weight	Raking, active gardening, recreational sports, e.g., softball, volleyball, golf (no cart), weight lifting	Walking, mowing, tennis, biking, light aerobics, in-line skating, calisthenics	Moderate jogging, stair machine, racquetball, swimming	Fast jogging, stair climbing, cross-country skiing (outdoor or machine), jumping rope
< 100 lbs.	1 cal/min	3 cal/min	7 cal/min	11 cal/min
120	1 cal/min	4 cal/min	8 cal/min	13 cal/min
140	1 cal/min	5 cal/min	9 cal/min	15 cal/min
160	2 cal/min	5 cal/min	11 cal/min	18 cal/min
180	2 cal/min	6 cal/min	12 cal/min	20 cal/min
200	2 cal/min	7 cal/min	13 cal/min	22 cal/min
220	2 cal/min	7 cal/min	15 cal/min	24 cal/min
240	3 cal/min	8 cal/min	16 cal/min	27 cal/min
260	3 cal/min	9 cal/min	17 cal/min	29 cal/min
280	3 cal/min	9 cal/min	19 cal/min	31 cal/min
300	3 cal/min	10 cal/min	20 cal/min	33 cal/min
320	4 cal/min	11 cal/min	21 cal/min	35 cal/min
340	4 cal/min	11 cal/min	23 cal/min	37 cal/min
360	4 cal/min	12 cal/min	24 cal/min	40 cal/min
380	4 cal/min	13 cal/min	25 cal/min	42 cal/min
400	4 cal/min	13 cal/min	26 cal/min	44 cal/min
420	5 cal/min	14 cal/min	28 cal/min	46 cal/min
440	5 cal/min	15 cal/min	29 cal/min	48 cal/min
460	5 cal/min	15 cal/min	30 cal/min	51 cal/min
480	5 cal/min	16 cal/min	32 cal/min	53 cal/min
500	6 cal/min	17 cal/min	33 cal/min	55 cal/min

The above calorie values are approximate, and can vary depending on the intensity of the activity.

* Note: Before beginning a physical activity program, you should consult your physician. At higher weights, high and very high intensity activities are not recommended.

(Rev. 10/01)

Minus X Worksheet

"Minus X" (-X) is the difference between the calories needed to maintain one's starting weight and the calories needed to maintain one's goal weight.

- Males require 12 calories per pound per day, on average, to maintain body weight.
- Females require 11 calories per pound per day, on average, to maintain body weight.

Example: Female client or patient

<p>Starting weight 200 lbs. 200 lbs. <u>X 11</u> 2,200 calories / day</p>	<p>Starting weight calories: 2,200 Minus goal weight calories: -1,430 Equals -X calories: 770</p>	<p>Goal Weight 130 lbs. 130 lbs. <u>X 11</u> 1,430 calories / day</p>
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-X = 770

This person's task in Maintenance will be to make enough lifestyle changes to cut 770 calories per day. The more she practices the Triple imperative™ to cut calories from her diet and increase physical activity, the more successful she will be.

Calculate your -X

My -X is =



Worksheet for Water Math Calculations

1. Calculate your daily maintenance calories for one day:

$$\frac{\text{Your weight at the beginning of the week}}{\text{Your multiplier (11 for women; 12 for men)}} = \text{Maintenance calories for one day}$$

2. Determine your maintenance calories for one week:

$$\text{Maintenance calories for one day} \times \text{Days recorded on Weekly Summary (7)} = \text{Your maintenance calories for one week}$$

3. Calculate your food calorie deficit for the week:

$$\text{Your maintenance calories for one week} - \text{Actual food calories taken in for the week} = \text{Food calorie deficit for the week}$$

4. Add your PA calories to get a total weekly deficit:

$$\text{Food calorie deficit for the week} + \text{Calories of PA expended for the week} = \text{Total calorie deficit for the week}$$

5. Determine the predicted number of pounds of body fat lost:

$$\frac{\text{Total calorie deficit for the week}}{\text{Calories in one pound of body fat (3,500)}} = \text{Predicted body fat loss (pounds)}$$

6. Calculate water weight retained or lost:

$$\text{Scale Loss} - \text{Body Fat} = +/- \text{Water}$$

What You Eat Becomes You...

Making Healthy Choices

Solutions FOR *LIFE

Via Christi Weight Management at Genesis Health Clubs

TYPICAL AMERICAN

HEALTHIER CHOICES

Calories		Calories
BREAKFAST		
	Home	
490	4 oz. bagel with 1 oz. low-fat cream cheese	400
140	1/4 cantaloupe	50
0	Coffee / black	0
630	TOTAL MEAL CALORIES	450
MID-MORNING SNACK		
	Starbuck's	
360	16 oz. Caffè Latte Grande, nonfat milk	130
360	TOTAL SNACK CALORIES	130
LUNCH		
	Burger King	
760	Tendergrill chicken salad	240
500	Ken's fat free ranch dressing	60
290	Large Diet Coke	0
1550	TOTAL MEAL CALORIES	300
AFTERNOON SNACK		
	Orville Redenbacher's Smart Pop	
280	kettle corn mini bag	100
144	7 oz. apple	105
424	Dasani flavored water	0
	TOTAL SNACK CALORIES	205
DINNER		
	Wendy's	
350	Baked potato with sour cream and chives	320
260	Small chili	220
180	Jr. vanilla Frosty	150
220	Dasani flavored water	0
370	TOTAL MEAL CALORIES	690
168	TOTAL MEAL CALORIES	1548
4512	TOTAL DAILY CALORIES	1775
	KFC	
	Crispy Strips (3)	
	Potato wedges	
	Cole slaw	
	Biscuit	
	Apple Pie Minis (3)	
	14 oz. Pepsi	
	TOTAL MEAL CALORIES	
	TOTAL DAILY CALORIES	

What if you change from the typical American meal or snack to the healthier choice for 6 months?

You will lose 9 lbs!

You will lose 9 lbs!

You will lose 64 lbs!

You will lose 11 lbs!

You will lose 47 lbs!

Start by choosing one meal or snack. Don't be too drastic. If you cut back too much you may get bored, discouraged or too hungry and quit. Small changes over time can make a big difference!

This is the daily calorie intake for a 362 lb. man or a 395 lb. woman

This is the daily calorie intake for a 154 lb. man or a 168 lb. woman

know your body mass index

height	overweight					obese										morbidly obese		
	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
4'11"	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	201	206
5'	128	133	138	143	148	153	158	164	169	174	179	184	189	194	199	204	207	213
5'1"	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	214	220
5'2"	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	221	227
5'3"	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220	225	229	234
5'4"	145	151	157	163	169	174	180	186	192	198	203	209	215	221	227	233	236	242
5'5"	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	243	249
5'6"	155	161	167	173	179	185	192	198	204	210	216	223	229	235	241	247	251	257
5'7"	159	166	172	178	185	189	198	204	210	217	223	229	236	242	248	255	260	266
5'8"	164	174	177	184	190	197	203	210	217	223	230	236	243	249	256	263	266	272
5'9"	169	176	182	189	196	203	209	216	223	230	237	243	250	257	264	270	274	281
5'10"	174	181	188	195	202	209	216	223	230	236	242	250	257	262	271	278	282	289
5'11"	179	186	193	200	207	215	222	229	236	243	250	258	265	272	279	286	290	297
6'	184	191	199	206	213	221	228	235	243	250	258	265	272	280	287	294	298	306
6'1"	189	197	204	212	219	227	234	242	250	257	265	272	280	287	295	303	307	313
6'2"	194	202	210	218	225	233	241	249	256	264	272	280	288	295	303	311	315	323
6'3"	200	208	216	224	232	240	247	255	263	271	279	287	295	303	311	319	324	332
6'4"	205	213	221	230	238	246	254	262	271	279	287	295	303	312	320	328	332	341

The table above shows overweight ranges for various heights and weights. Find your height in the left column and then move right until you find your weight; then look at the number at the top of the column above your weight, and that is your BMI.

To figure your BMI without the chart, do the following calculation:

1. Multiply your weight in pounds by 0.45 (for example, 150 pounds \times 0.45 = 68)
2. Multiply your height in inches by 0.0254 (5 feet 10 inches = 70 inches \times 0.0254 = 1.78)
3. Square your answer from Step 2 (1.78 \times 1.78 = 3.17)
4. Divide your answer from Step 1 by the answer from Step 3 (68/3.17 = 21.5)

Your estimated BMI is 21.5.

Body mass index (BMI) relates your body weight to health risks associated with being overweight. The table above shows healthy and overweight ranges for various heights and weights based on BMI. Generally, a healthy BMI ranges from 19 to 25, although heavier weights than these may apply to people with more muscle and bone.

If your BMI is more than 25, talk with your physician about a weight-control program.