

Count Calories and Lose Weight



How Many Calories Do I Need To Burn To Lose A Pound Of Fat?

Losing weight is about math.

Knowing that calories-in versus calories-out can mean the difference between losing a pound per week or gaining a pound per week.

One pound of body fat is equal to 3500 calories. In order to lose a pound/week, you need to cut 3,500 calories from your weekly intake versus out take. You can do this by:

1. Reducing your intake by 500 calories per day. (3500/7 days per week = 500)
2. Burning 500 calories a day (Simply exercise.) Or
3. Eat less and do more exercise (Do both diet and exercise.)

A healthy rate of weight loss is about one to two pounds per week.

So, knowing how many calories you eat each day will help you make healthier choices. For example, that Big Mac meal contains 1130 calories with a Coke Classic! Is it worth the calories?

Take control of your health by tracking your calories. Write down everything that you eat and drink and how much. Then use one of the many websites that can help you track your daily caloric intake. (www.livestrong.com, <http://nutritiondata.self.com/> also at www.primerohealth.org other resources are available.)

Let's say that you are a 50 year old female, 5'3" in height and weigh 150 pounds. Your goal is to ultimately weigh 130 lbs. Multiply your hoped for weight by 11(130 x 11 = 1430) That's the approximate number of calories that you should eat daily to get to your desired weight. If you eat more than 1650, (150 x 11 = 1650) you will gain weight, unless you also exercise.

Female Desired Weight	Male Desired Weight
160 lbs x 11 = 1760	200 lbs x 12 = 2400
140 lbs x 11 = 1540	180 lbs x 12 = 2160
130 lbs x 11 = 1430	160 lbs x 12 = 1920
120 lbs x 11 = 1320	150 lbs x 12 = 1800

If you walk for 1 mile every day, you can add back approximately 100 calories every day because you burn an average of 100 calories by walking 1 mile.