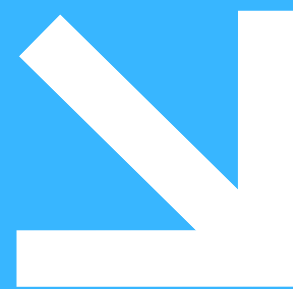




New School Fitness

How Many Calories Do I Need?



Step 1- BMR

A background image showing a group of people practicing Tai Chi outdoors. In the foreground, a man in an orange shirt and a woman in a purple top are in a Tai Chi stance with their arms extended horizontally. The background is a bright, sunny outdoor setting with green trees and a mountain range in the distance.

BMR is your Basal Metabolic Rate

If you lay in bed all day and do nothing, your BMR is the number of calories you need to neither gain nor lose weight.

BMR is determined by age, weight, height, and gender.

You can calculate it with a simple online calculator [HERE](#).

BMR Calculator

The *Basal Metabolic Rate (BMR) Calculator* estimates your basal metabolic rate—the amount of energy expended while at rest in a neutrally temperate environment, and in a post-absorptive state (meaning that the digestive system is inactive, which requires about 12 hours of fasting).

US Units **Metric Units** **Other Units**

Age ages 15 - 80

Gender male female

Height feet inches

Weight pounds

[+ Settings](#)

Calculate

Result

BMR = 1,401 Calories/day ←

Daily calorie needs based on activity level

| Activity Level | Calorie |
|---|---------|
| Sedentary: little or no exercise | 1,682 |
| Exercise 1-3 times/week | 1,927 ← |
| Exercise 4-5 times/week | 2,053 |
| Daily exercise or intense exercise 3-4 times/week | 2,172 ← |
| Intense exercise 6-7 times/week | 2,417 |
| Very intense exercise daily, or physical job | 2,662 |

Exercise: 15-30 minutes of elevated heart rate activity.
Intense exercise: 45-120 minutes of elevated heart rate activity.
Very intense exercise: 2+ hours of elevated heart rate activity.

Step 2: Add Activity

- In this example, the BMR is 1,401 calories per day.
- If the person exercises 1-3 times per week, the estimated calories needed to stay the same weight is 1,927 per day
- If the person exercises daily, the estimated calories needed is 2,172 per day.

Step 3- Estimate Calories Needed

Now that you have your estimated calories based on BMR and activity level, let's determine how many calories you need to hit your goals.

To lose weight in a healthy way, without too large of a deficit that you'd experience negative side effects, you should shoot for a 400-700 calorie deficit per day.

Example: If your BMR is 1,401 calories, and your activity level is 1,929 calories, you should aim for roughly $1,929 - 500 = 1,429$ calories per day.



Things to Consider

- Calorie deficits are relative to total calories needed. Someone who needs 1,400 calories per day should have a smaller deficit than someone who needs 3,500 calories per day
- Activity estimated calories already take into account average daily activity. Do not add in calories burned from exercise to that total.
- If you'd like to add in calories from exercise and daily life and are able to track it, use $BMR + \text{exercise calories} + \text{calories burned during the day}$.
- These are estimates. If after a few weeks, you are not seeing results, reevaluate the numbers or ask a professional to do so for you.

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Check out more at www.newschoolfitness.com

[Try our app FREE](#) to see how our program works!

