

# BLOG.SQD

## How many calories should you eat?

Everybody knows how important tracking calories is when it comes to losing weight. Consuming more calories than your body requires is not going to help deliver results and endless hours in the gym won't help to counteract the surplus energy in your body.

So how many calories do you need? Everybody is different and so no one person has the same calorie requirements. How much energy your body requires is determined by how much lean tissue you have (how big your engine is) and by how much activity you undertake on a daily basis.

The human body requires a significant amount of energy (i.e. calories) just to function (breathe, control body temperature, contract muscles, grow new cells etc.). The amount of energy (measured in calories) that the body needs to function while resting for 24 hours is known as the basal metabolic rate, or BMR. This number of calories reflects how much energy your body requires to support vital body functions if, hypothetically, you were resting in bed for an entire day and therefore makes up most of the energy you burn every single day.

Here's a quick way to measure your BMR:

For men:  $BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$

For women:  $BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$

Now that you have worked out your BMR, working out how much energy (calories) you need per day becomes easier. Your Total Daily Energy Expenditure (TDEE) reflects the entire amount of calories, or energy, your body burns during a given day when you're sleeping, ingesting and digesting food, working and exercising.

Two things, the Thermic Effect of Activity (TEA) and the Thermic Effect of Feeding (TEF), can affect TDEE. TEA refers to the amount of calories burnt whilst exercising. The more intensive your training session is (lifting heavy weights, sprint work, HIIT sessions) the more calories you will be burning.

TEF refers to the calories used as your body is digesting the food you have consumed. Proteins and fibre have the highest thermic effect, as they require the most calories to digest per calorie consumed.

Bearing all this in mind, take your BMR and multiply it by one of the factors below to establish your TDEE.

**Sedentary** =  $BMR \times 1.2$  (little or no exercise, desk job)

**Lightly active** =  $BMR \times 1.375$  (light exercise/ sports 1-3 days/week)

**Moderately active** =  $BMR \times 1.55$  (moderate exercise/ sports 6-7 days/week)

**Very active** =  $BMR \times 1.725$  (hard exercise every day, or exercising x 2/day)

**Extra active** =  $BMR \times 1.9$  (hard exercise 2 or more times per day, or training for marathon, or triathlon, etc.)

Armed with your TDEE, losing weight has now become a lot easier. Dropping a pound of weight per week, requires a weekly deficit of 3500kcal (500kcal per day.) For more help, check out our WODSQD workout subscription over at [wodsqd.co.uk](http://wodsqd.co.uk)

Ben  
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