HOW MANY CALORIES DO I NEED?

Just like balance in your life can help you maintain a state of well-being, a balance between "calories in"(calories eaten) and "calories out"(calories expended) can help you perform optimally, and maintain an appropriate weight.

While calorie counting isn't necessary, with two out of three Americans eating more than they need, it's good to have a general idea of how many calories your body and mind need each day to function their best. In addition, it can help you manage your weight and prevent yourself from going up a clothes size every few years.

It's impossible to determine your exact calorie needs without the benefit of a lab, but the formula provided below can give you a ***rough*** estimate of your calorie target by taking into account your age, weight, activity level and gender.

First, determine your activity level using the chart below. **Be careful**, most people ***overestimate*** *their activity level*.

HOW ACTIVE ARE YOU?

(Based on min. **per day**)	Brisk Walking*	Cycling**	Jogging	Women	Men (**Activity Level**)
Sedentary	**<30 min.**	**<22 min.**	**<11 min.**	**1.0**	**1.0**
Low Active	**30 min**	**22 min.**	**11 min.**	**1.14**	**1.12**
Active	**1 ¾ hr.**	**1 1/3 hr.**	**40 min.**	**1.27**	**1.27**
Very Active	**4 ¼ hr.**	**3 hr.**	**1 ½ hr.**	**1.45**	**1.54**

***Or swimming, or golfing without a cart** ****Or aerobics**

Now, determine your approximate calorie needs based on your activity level. (The activity level will be used in step 6 of the equation.) (c) should be your **TARGET WEIGHT**

Women

- Multiply your age by 7.31 (A)
- Subtract A from 387 (B)
- Multiply your weight (in pounds) by 4.95 (C)
- Multiply your height (in inches) by 15.78 (D)
- Add C + D (E)
- Multiply (E) by your Activity Level (F)
- Add B + F = TARGET WEIGHT

Men

- Multiply your age by 9.72 (A)
- Subtract A from 864 (B)
- Multiply your weight (in pounds) by 6.46 (C)
- Multiply your height (in inches) by 11.8 (D)
- Add C + D (E)
- Multiply (E) by your Activity Level (F)
- Add B + F = TARGET WEIGHT