

REE (Actual)

REE (Predicted)



# Caloric Energy Profile

Name J. SampleDate 1/16/13

1620

1570



## Fitness Testing Lab

### Your Resting Energy Expenditure (REE)

**1570** Calories

REE is the sum of your Resting Metabolic Rate (RMR) and your specific reaction to foods (SDA).

This represents the number of calories your body requires in a 24 hour period at complete rest.

RMR = The number of calories burned by your body in a 24 hour period, at rest without consuming food.

SDA = The number of calories required to process and utilize consumed foods.

### Calories burned through Active Daily Living (ADL)

The number of calories burned by daily (non-exercise) activity at the various intensity zones. This is sometimes referred to as NEAT (Non-Exercise Activity Thermo-genesis).

Activity Zones	REE	1620	Calories/day Range	
Light Daily Activity			324	648
Moderate Activity			729	972
Vigorous Activity			1053	1296

### Total Daily Energy Expenditure (TDEE)

The number of calories you need to sustain regular activity\* in the various exercise intensity zones

	Max HR	169	REE	1620	Cals.
Exercise Zones	HR	Zone	Kcals/day Range		
Zone 1 Light Activity (ADL)	Resting HR	68	2025	2268	
Zone 2 Moderate Activity	85	108	2349	2592	
Zone 3 Vigorous Activity	110	142	2673	2916	
Zone 4 Very Vigorous Activity	144	Max HR	2997	3240	

\*Based on Harris-Benedict Standard Activity Factor Scores

### Weight Control Program

The caloric deficit required\* to achieve weight loss of approximately 1lbs. per week.

**-500** Calories

Ideally this should be a combination of nutrition and exercise.

		REE	1620	Cals.
Kcals/day Range		Recommended Calorie intake		
1944	2268	1444	1768	
2349	2592	1849	2092	
2673	2916	2173	2416	
2997	3240	2497	2740	

\*It is never recommended to reduce calorie intake below your REE.

### Key Points Regarding weight Loss

1. The biggest impact on daily energy expenditure is from calories oxidized during & after exercise, not necessarily from changes in RMR. This suggests that chronic exercise (activity) is the key to fat control.
2. Lower intensity exercise (40-60% Zone 2) relies primarily on fat as fuel. Higher intensity exercise (Zone 3-4) will rely more on carbohydrates as fuel. However, higher intensities will create a higher absolute caloric expenditure and higher tolerance to greater workloads. These adaptations increase the capacity to burn more fat at moderate levels and also during recovery periods.
3. Switching around cardiovascular exercises (cross training) will help keep the intensity up and burn greater amounts of calories in a shorter time.
4. Weight training will help to increase lean mass which contributes both to a higher metabolism and greater potential for tolerating higher workloads safely.

Christopher Melby, Dr. P.H. Dr. James O. Hill, Ph.D, Exercise Macronutrients and Body Weight regulation, Sports Science Exchange, Vol. 12 (1999)