



MARK'S TIP OF THE WEEK

What is BMR?



Believe it or not, many clients do not eat enough to reach their goal weight. Or sometimes, they eat enough, but not in the right combinations. One way to determine if you are consuming the proper amount of calories is figure out your BMR.

Basal Metabolic Rate or BMR is most accurately measured in a lab setting under strict conditions. By definition it is a measurement of the number of calories needed to perform your body's most basic functions, like breathing, circulation and cell production.

Since most of us do not have the means to be tested in strict conditions, we use different formulas to calculate BMR. The Harris-Benedict Equation is one method that is used to estimate basal metabolic rate.

Men:

$$\text{BMR} = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$$

Women:

$$\text{BMR} = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$$

We recommend using your realistic goal weight in this formula as a **first** step to creating a sensible plan to reach a healthy weight.* By enrolling in Healthy Goals, a health coach will help you create a step-by-step plan to help you reach your healthy goal.

*As always, consult your physician to ensure that your nutrition plan is appropriate for your medical condition.

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