



Losing Weight the Sensible Way

Simply put, in order to lose weight we need to eat less and exercise more. What's not quite so simple is getting the balance right so that the weight loss is both safe and effective. Most diets are based on calorie restriction or elimination of certain food groups. Some claim radical results in a short space of time. The problem being that the quick fix often results in long term failure!

How many calories should be consumed?

At rest the human body requires **25 calories per kg of body weight**. This is known as the Basal Metabolic Rate (BMR). If someone weighing 60kg were to sit at rest for a 24 hour period their body would require 1500 calories. This is just to support the body's organs and cellular activities. The major influence on BMR is body composition because muscle is more metabolically active than fat. Therefore the more muscle you have, the more calories you will burn even at rest.

We then need to add on calories to fuel daily activity. This can be difficult to measure but the following method is easy to use:-

SEDENTARY= BMR + 20%

Someone who sits at a desk all day, perhaps drives to and from work, sits down and watches TV at night, and takes little exercise.

MODERATELY ACTIVE = BMR + 50%

Someone who has an active job or who is on their feet all day, and exercises 3-4 times per week.

VERY ACTIVE = BMR + 100%

Someone who has a very active job such as a labourer, or someone who exercises at high intensity most days and is very active in general.

What is the best way to maintain safe and effective weight loss?

In order to maintain weight loss it is essential that it comes off steadily, loss is of body fat rather than lean muscle, and that BMR is kept constant. 1 pound of fat contains 3500 calories. Therefore to lose 1 pound of fat per week you would need to create a deficit of 3500 calories per week, or 500 calories per day. Ideally this should be achieved by consuming 250 calories less per day and burning off 250 calories extra by exercising. If the exercise involved weight training there would be the added advantage of increasing muscle mass, therefore raising the BMR even at rest.

Say No-No to Yo-Yo Dieting

Yo-yo diets cause a reduction in BMR. The fewer calories consumed, the lower the BMR becomes so even consuming the same amount of calories will eventually result in weight gain. In conclusion, it is clear to see that the sensible approach will bring about long term success. Ensure that neither too much or too little calories are consumed and stimulate BMR by increasing lean muscle mass. It really is as simple as that so for long term results....lose weight the sensible way!!!!

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