

information

<https://diabetesstrong.com/how-to-find-your-daily-calorie-need/>

Physical activity, such as walking, is important for weight control because it helps you burn calories. If you add 30 minutes of brisk walking to your daily routine, you could burn about 150 more calories a day. Of course, the more you walk and the quicker your pace, the more calories you'll burn.

How to calculate your daily calorie needs

Step 1: Find your body weight in kilograms (if you live in the US, just divide your weight in pounds by 2.2 to get your weight in kilograms).

Step 2: Multiply your weight in kilograms by 0.9 if you are a woman or 1.0 if you are a man.

Step 3: Multiply by 24

Step 4: Multiply by your "Lean Factor" from the table below (read on to learn how to find your body fat percentage if you don't know it)

| | Body Fat Percentage | Lean Factor Multiplier |
|--------|---------------------|------------------------|
| MALE | 10-14 | 1.0 |
| | 15-20 | 0.95 |
| | 21-28 | 0.90 |
| | Over 28 | 0.85 |
| FEMALE | 14-18 | 1.0 |
| | 19-28 | 0.95 |
| | 29-38 | 0.90 |
| | Over 38 | 0.85 |

Example using my stats: 61 kg (134.5 lbs.) x 0.9 (female) x 24 x 0.95 (20% body fat) = 1252

This number is called your Basal Metabolic Rate (BMR). It's how many calories you would burn in a day if you just lay on the couch all day and did nothing.

To find out how many calories you actually burn in a day, you need to multiply with your "Activity Modifier" from the table below.

Step 5: Multiply by Activity Modifier

Daily Activity Level Multiplier

1.3 (Very Light) - Typical office job (sitting, studying, little walking throughout the day)

1.55 (Light) - Any job where you mostly stand or walk (teaching, shop/lab work, some walking throughout the day)

1.65 (Moderate) - Jobs requiring physical activity (landscaping, cleaning, maintenance, jogging/ biking/working out 2 hours/day)

1.80 (Heavy) - Heavy manual labor (construction, dancer, athlete, hard physical activity min. 4 hours/day)

2.00 (Very Heavy) - Moderate to hard physical activity min. 8 hours/day

Iryna notes