

# DEGWY'S

F I T N E S S   &   N U T R I T I O N

$BMR = 370 + (21.6 \times LBM)$  Where  $LBM = [total\ weight\ (kg) \times (100 - bodyfat\ \%)]/100$

As these are only BMR calculations To convert BMR to a TOTAL requirement you need to multiply the result of your BMR by an 'activity variable' to give TEE. The Activity Factor is the TOTAL COST OF LIVING, NOT JUST YOUR TRAINING.

Average activity variables are:

1.2 = Sedentary (Desk job, and Little Formal Exercise)

1.3-1.4 = Lightly Active (Light daily activity AND light exercise 1-3 days a week)

1.5-1.6 = Moderately Active (Moderately daily Activity & Moderate exercise 3-5 days a week)

1.7-1.8 = Very Active (Physically demanding lifestyle & Hard exercise 6-7 days a week)

1.9-2.2 = Extremely Active (Athlete in ENDURANCE training or VERY HARD physical job)

Bulking Up =  $TEE \times (1 + 20\%)$  = Total calorie required

Cutting =  $TEE \times (1 - 20\%)$  = Total calorie required

## PROTEIN REQUIREMENTS

1.5 g of protein per pound of LEAN bodyweight

## FAT REQUIREMENTS

0.4g+ of fat per pound of LEAN bodyweight (fat is important for normal body functions, not to mention its good for the brain and hormone regulation, such as testosterone production etc..)

## CARBOHYDRATE REQUIREMENTS

I then fill your remaining calories up with mostly carbohydrates but also some extra protein and fat (again just depends). Protein and fat are essential and needed by the human body, carbohydrates are not needed at all. However once my clients protein and fat minimal requirements are met then I usually try base the rest of there calories around carbohydrates reason being that carbs are the body BEST source of fuel/energy!