

Weight Loss & Wellness

STEP 3

METABOLIC RATE
& GOAL CALORIES



Success in weight loss and wellness is when preparation meets opportunity

- Dr. Matthew Kulka

Metabolic Rate

What is it?

Basal Metabolic Rate (BMR) measures the number of calories your body burns at rest to maintain its current weight.

Simply speaking, it's the rate you burn calories over time. Your body is a furnace that is constantly converting energy stores in your body to the energy you can use. You can adjust how much your body burns by modifying how much food you consume and how much activity you perform during a given day.

Factors that Impact Your BMR

- 🌿 Eating schedule (when you eat and fast).
- 🌿 Muscle mass.
- 🌿 Stress.
- 🌿 Genetics.
- 🌿 Sleep.

All Diet Programs Have One Thing in Common

In order to lose weight, your calorie intake must be lower than your metabolic rate.

Next: Calculate Your Metabolic Rate ►





Calculating Your Basal Metabolic Rate (BMR)

You have two options when it comes to calculating your BMR. Either visit the link below to use The Seriously Simple Steps BMR Calculator, or you can purchase a body composition scale for around \$100.

<https://seriouslysimplesteps.com/my-account/course-basal-metabolic-rate-calculator/>

The BMR calculator takes into account your:

- Weight .
- Age.
- Calories burned while exercising.
- Gender.
- Height.

Important Reminders

- Consuming 200-300 calories under your BMR is the optimal zone to lose weight—any less can decrease metabolism over time.
- Refer to your personal BMR calculator in your account on the Seriously Simple Steps Site. The calculator will assist you in determining your daily caloric goal. Return regularly to adjust for exercise.
- Keep logging your food and drinks throughout each day.
- Do some sort of physical activity every day. If you own a pair of sneakers, then you are ready to walk!
- Stay in your time-restricted eating windows. Consistency is the key to success. Keep wearing your green wrist band. Let it remind you to eat healthy and stay motivated.

Next: Review ►

Reviewing Your Steps

Step 2

- Being prepared.
- Plan all meals and snacks at least one day ahead.
- Plan today what you will eat tomorrow.

Step 1

- Stay on track with Time-restricted eating.
- Leave at least 3-4 hours from dinner until lying down to sleep.
- No snacks after dinner. Not even fruit or veggies. Water is ok.
- Eat for 10-12 hours per day. Fast for 12-14 hours overnight.

Remember

- Keep wearing your green wrist band for motivation!
- This is a process. It takes time to adjust to new things. Be patient.
- Consistency is key. Do your best to stay on track each and every day.

