

# Formula for Percentage of Weight Lost

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One of the leading research studies concerning obesity within the past 10 years was been one conducted by the National [Health](#) and Nutrition Examination Survey (NHANES) from 2001 to 2004. The disappointing results indicated that 2/3 of adults over the age of 20 were overweight or obese. And, unfortunately, the news is getting worse. From 1960 to 2004, the prevalence of obesity has increased from 44.8 to 66 percent. Obesity has almost doubled. If you have finally decided that this is the year to begin losing weight, you have made a wise choice. The secret is to formulate a plan, take it in small steps and stick to it!

## How We Gain Weight

By the time you reach your 20s, you have probably arrived at your ideal weight--the weight most appropriate for your age, gender and activity level. As we continue to age, our basal metabolic rate (BMR, or our body's idling speed) begins to decline slowly until we reach our middle years. Between 40 and 50 years of age, you can expect your BMR to decline approximately 5 percent per decade. If your BMR at age 40 is 1,200 calories a day, expect it to drop 60 calories a day, to 1,140. Even if we don't gain total weight, you'll be getting relatively fatter. As you age, your [lean body mass](#) declines while your percent body fat increases. So, the trick is to come up with ways to either lower your caloric intake, increase your energy expenditure or both.

## Determining Your BMR for Men

Before you can determine how much weight to lose, you will need to know where you are now. Start by determining your BMR. There are two equations--one for men and one for women.

Calculate your BMR if you are a man:  $66 + (13.7 \times \text{weight}) + (5 \times \text{height}) - (6.8 \times \text{age})$

For instance, to calculate the BMR for a 180-lb., 40-year-old male who is 72 inches tall:

$$66 + 2,466 + 360 - 272 = 2,620 \text{ calories per day}$$

## Determining Your BMR for Women

Calculate your BMR if you are a woman. For instance, to calculate the BMR for a 130-lb., 30-year-old female who is 60 inches tall:

$$655 + (9.6 \times \text{weight}) + (1.8 \times \text{height}) - (4.7 \times \text{age})$$

$$655 + (9.6 \times 130) + (1.8 \times 60) - (4.7 \times 30) = 1870 \text{ calories per day}$$

## Determine Your Activity Multiplier

Increase the total number of your BMR calories based on your activity level.

Use the following estimations:

1.2 x BMR = sedentary activity total daily energy expenditure ( television or office work)

1.375 x BMR = light activity total daily energy expenditure (exercise workout or [sports](#) 1 to 3 days per week)

1.55 x BMR = moderate activity total daily energy expenditure (exercise workout or sports 3 to 5 days per week)

1.725 X BMR = high activity total daily energy expenditure (exercise workout or sports 6 to 7 days per week)

1.9 x BMR = extreme activity total daily energy expenditure (exercise workout or sports two times per day)

For instance, for the male example above who exercises 1 to 3 days per week, his total daily caloric expenditure is 3,602.5 calories per day.

## Initial Weight Loss Goal

Most exercise specialists and registered dietitians recommend that you do not try to lose more than 1 to 2 lbs per week. There are 3,500 calories of stored energy in each pound of body fat. Assuming the case of the 180-lb. male above, he would have to lose 7,000 calories a week to lose 2 lbs. The best way to approach his goal is by cutting back 3,500 calories a week through diet and by expending 3,500 calories per week through exercise. His daily goal would look like:

$3,500 \text{ calories} / 7 = \text{reduce caloric intake by } 500 \text{ calories a day}$

$3,500 \text{ calories} / 7 = \text{expend } 500 \text{ calories a day through exercise}$

## Obtaining the Results

Reducing your caloric intake by 500 calories a day is a reasonable place to start. Begin by replacing whole fat dairy products with low or non-fat products. Replace full sugar sodas with sugar-free varieties to reduce 100 calories a day. There are many ways to reduce your daily caloric intake by making modest, daily changes.

Walking a mile will expend approximately 110 calories. If you walk every day, you have expended more than 770 calories per week. Spend a little more time exercising on the weekends if you can afford the extra time. Together, he should be able to lose 4,200 calories a week, or 1.2 pounds per week.

## Calculating the Results

If the 180-lb. man adhered to his weight-loss program, over the course of one month, he should be able to reduce his weight by 4,270 calories a month--a reasonable goal.