

Burning calories without doing anything



Ask Karen

Karen
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Q: I've seen a number of ranges from websites on the internet for how many calories we burn at rest on an average day. Is there a more accurate way to figure what we burn in a normal day, before exercising is figured in?

Answer: Having an idea of how many calories you burn without doing anything can be very beneficial for people who are looking to lose or maintain weight. In part, because you will be able to better factor in the calories you burn through exercise with the calories you take in through meals and snacks during the day. It can be a lot to keep track of, but the health benefits of eating healthy and

staying active are worth the extra effort.

Ally Bowersock, director of exercise science programs at Jefferson College of Health Sciences, gave a rough estimate for men and women.

"The estimate for Resting Metabolic Rate is bodyweight times 10 for women, times 11 for men," she said.

So, for a 135 pound woman the Resting Metabolic Rate or calories burned at rest in a day is 1,350 calories.

In an article on the American College of Sports Medicine's website, Dr. Liz Applegate talks about lifestyle changes that can be

made in order for people to burn more than the average amount of calories at rest.

Here is some of her advice from that article at www.acsm.org:

» Replace fat with muscle because fat burns fewer calories than muscle

» RMR decreases with age so strength training is also necessary for maintaining lean muscle mass that declines naturally with age

» Eat plenty of protein. Applegate says 18 to 20 percent of your diet should come from lean protein and says the more fiber you eat the fuller you will feel.

Karen McNew is a WSLs news anchor. For more 10 On Your Side Health information, go to www.wsls.com; click Lifestyles and then Health.

