

CALORIES

1460 Calories eaten daily to maintain 160 lbs.

1322 Calories eaten to maintain 125 lbs. weight

148 Difference in daily calorie in-take

It takes at least TWICE AS LONG to lose weight as it takes to gain it. Sometimes it takes even longer if the motivation is not there.

MORAL: STOP BEFORE EATING UNNECESSARY CALORIES

FIGURING YOUR DAILY CALORIES TO MAINTAIN

WOMEN: Your current weight x 3.95 +828 minus any calories burned from exercise.

MEN: Your current weight x 5.3 + 879 minus any calories burned from exercise.

Note:

This formula will give you a good idea of how many calories you can eat and maintain your weight with or without exercise, but it is not absolute because your metabolism is unique to you so you could possibly eat more or less calories. Also, persons with more muscle burn more calories than persons with more body fat.