

Feeling great

+EDITOR: Daniel Hoy [hoyd@heraldsun.com.au]



WORK IT CARDIO

Cardiovascular workouts come in two forms, anaerobic and aerobic. Anaerobic means you are working extremely hard; often breathing is difficult. During aerobic exercise, the body is able to supply adequate oxygen to the working muscles, for a period of time. Skipping is a great form of cardiovascular exercise

GIVE YOUR FLAB THE BOOT

Weight loss is all about energy in versus energy out. **Daniel Hoy** explains how

TO LOSE 1kg a week, you need to burn 5286 more kilojoules than you consume each day.

Your *The Biggest Loser* Calorie Counter, free with last Saturday's paper, will help you work out exactly how many kilojoules (kilojoules are the metric form of calories) you are eating each day.

By keeping a record of what you eat versus what you burn, you can attack your weight loss in a scientific manner.

Once you know what your body burns daily, try and keep your kilojoule count to a similar figure.

By adding some exercise into your day, you know you'll be burning fat.

Tiffany Hall, one of the trainers on this year's

The Biggest Loser, says while counting kilojoules is important, the sort of kilojoules you eat is also an important factor in weight loss.

"Food is fuel. It's important to be educated about nutrition, but I don't believe in counting calories because a calorie is not just a calorie," she says.

"It's about calorie quality. You could eat 200 calories of protein and 200 calories of fat and have very different outcomes in your weight loss. You need to eat the right stuff.

"Learning the calorie numbers of food will help you to make better choices."

+TIFFINY'S TOP 10 WEIGHT-LOSS TIPS: Page 45

YOUR BMR IS THE KEY

To use the calorie counter properly, one of the first things you need to discover is your Basal Metabolic Rate. This is the amount of energy your body burns to keep you alive when you're at rest.

KNOWING this number is important because it helps to calculate how much energy you use in a day, and therefore how much you need to expend in order to lose weight.

A COMPLEX mathematical equation is used to estimate your BMR. It takes into account gender, your age, weight and height.

FOR EXAMPLE, the more muscle you have, the more energy you burn up. When you lose muscle, your BMR slows down. Conversely, by building more muscle your BMR increases.

YOUR BMR slows down as you age. Because men have more muscle than women, they burn more energy.

A WOMAN aged 30, 160cm tall and weighing 70kg, would have a BMR of 6370 kilojoules.

A woman the same height and weight, but aged 60, would have a BMR of 5601 kilojoules.

A MAN aged 30, 160cm and weighing 70kg would burn 7030 kilojoules. A 60-year-old man with the same weight and height, would burn 5948 kilojoules.

You can find BMR calculators on the internet. They will ask you to estimate your activity level, but because the BMR is based on your body at rest, it's best to enter "sedentary" to get the most accurate figure.

FIND your BMR at <http://bit.ly/fhz0Fm> or you can use the equation below:

MEN $BMR = 66 + (13.7 \times \text{YOUR WEIGHT IN KILOS}) + (5 \times \text{YOUR HEIGHT IN CM}) - (6.8 \times \text{YOUR AGE IN YEARS})$

WOMEN $BMR = 655 + (9.6 \times \text{YOUR WEIGHT IN KILOS}) + (1.8 \times \text{YOUR HEIGHT IN CM}) - (4.7 \times \text{YOUR AGE IN YEARS})$



You need to eat the right stuff. Learning the calorie numbers of food will help you to make better choices.

- TIFFINY HALL