

COACH JOHANN CSCS

CICO: the only way to Drop



calories in & out

## Counting Calories is THE WAY to drop body fat & Pounds

Dieting works (short-term) because they're typically calorie restrictive - that's it!

As a result, your **weight expenditure is calculated via an extremely easy equation: "CICO"**

**Calories in < Calories Out**

count calories

## When you put on weight, it **isn't** due to:

- Dehydration
- Menstruation
- Opting to **stop** eating past 7pm or 6pm (😬)
- Putting on muscle - a displacement body fat loss
- Keto diets, keto flu, ketosis at all
- Sugar
- Micronutrients
  - too much salt, too much potassium, too much niacin... etc.

count calories

**You need to know your “BASE,” or how many calories you need to:**

- Lose weight
- Maintain
- Gain weight

There are a few equations which do this - when you find a calorie calculator online. Here are the 2 main ones.

## Harris Benedict equation

Take notice of these two equations.

Let's find out a 54 year old woman comes in to see she's 166 pounds.

Her BMR is going to be 1725 meaning that she needs to eat 1700 calories every day to maintain her weight of 166 pounds.

Well, if this 54 year old woman was 190 she's going to need closer to 1,850 pounds or calories.



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## Shape Up America

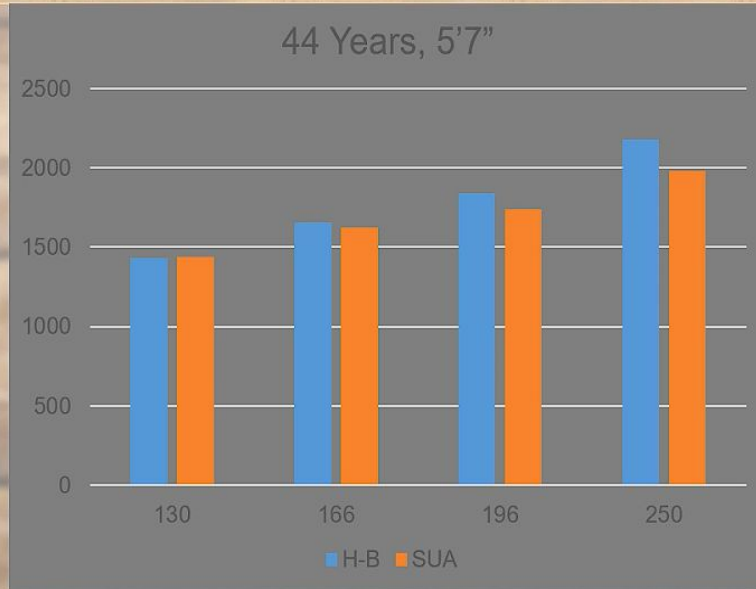
Using the Shape Up America equation, a 54 year old woman, 166 at 5'4" as a different BMR at 1,336 and that's a big quite a difference, isn't it?

And for a 54 year old man, his BMR is 1744 and every 10 years, we drop about 50 calories. So that's a big dip from 1919.

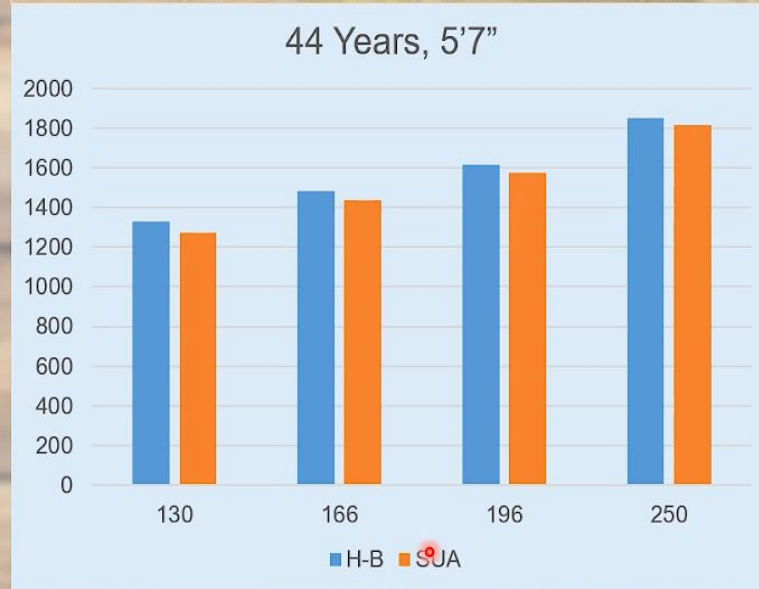
What would have been for a 34 year old man? Probably 1,850. *That's about a hundred calories difference between the two different types of equations that we would use.*

Over time, this hundred calories can be the difference in body fat and weight loss

## Men



## Women



2 different ways your daily calories are measured....

These equations do provide precision, but we need a starting point.

Basically when I have an active trainee, I pretty much want them eating close to their BASE calories, no matter what.

If I want an athlete to lose weight, I'm going to have them eat right around this BASE. Because athletic and active folks have a higher expenditure.

**However, there's another level of estimation necessary because yes, these are equations, but they are estimates. So we have to factor in *Fitness*.**



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Studies from 1996 that says we use any number of cofactors from 0.12 to 2.4 Based on energy level for the most active folks, 2.7.

So if someone works six times per week, at 6'2" and to 185 pounds, they should be consuming about 4,000 calories a day to maintain weight for performance.

Depending on your muscular endurance and how much lean muscle you carry, these numbers change greatly.

Here is an example of some workouts and how many calories they burn (calories out) in **30 minutes of activity**.

Gym Activities	125-pound person	155-pound person	185-pound person
Running: cross-country	270	335	400
Bicycling: 14-15.9 mph	300	372	444
Martial Arts: judo, kickboxing	300	372	444
Racquetball: competitive	300	372	444
Rope Jumping	300	372	444
Running: 7.5 mph (8 min/mile)	375	465	555
Running: 8.6 mph (7 min/mile)	435	539	644
Bicycling: > 20 mph	495	614	733
Running: 10 mph (6 min/mile)	495	614	733

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 [\*BASE calorie calculator\*](#)

 [\*Join next kettlebell session\*](#)

