



# FULL BODY MAKEOVER

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Personalized Workouts and Diet Tips

E-BOOK

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## **ABOUT THE AUTHOR**

I am a 32 year-old personal trainer from Birmingham, AL. My experience includes over six years of Personal Training. I have studied diet techniques, weightlifting, and nutrition for over 10 years. This includes the study of kinesiology at the University of Alabama. Through extensive research, experience, and testing, I decided to put the knowledge that I gained in writing. I believe in not only training, but educating my clients to maintain their results throughout life. With the right combination of weight training and dieting you can achieve a healthier and better-looking body.

## **INTRODUCTION**

Health and fitness are two of the most important issues facing people today. More people are realizing the amazing benefits of practicing a healthier lifestyle. Many individuals are not willing to make the sacrifices necessary to achieve the desired goals. People are willing to try gimmick diets, pills, and even plastic surgery to get in shape. Although some of these techniques may provide a quick fix, they usually do not contribute to long-term health. In general, people have the desire to look and feel better physically but lack the self-discipline to do so. A little guidance is needed to motivate people into taking that first step. To achieve total Health and fitness, consistency is one of the keys to success. With the right combination of weight training and dieting, you can achieve a healthier and better-looking body. This online E-BOOK will allow you to email questions, comments, and request your own personalized workout. I only give good healthy advice that will ensure you the best short and long-term results. As a personal trainer, my role will be to keep you motivated to continue to workout and choose it as a lifestyle and not just a quick fix. Although the dedication and self-discipline needed to adhere to a new fitness lifestyle is tough to accept at first, once you see the results you will want to embrace the fitness way of life. We do not believe in gimmicks, only good advice. A combination of weightlifting, cardio activity, and dieting will get you the results you are looking for. This E-Book is short and to the point. This book gives you just the information you need to achieve your goals. If you do not understand any concepts, you may email me for answers.

Email me at [cwalker98765@yahoo.com](mailto:cwalker98765@yahoo.com) with your questions and goals. You may also register on the website at [www.thebrim.com/fitness](http://www.thebrim.com/fitness) Please allow 24 hours for a response. Emails are checked daily.

# CHAPTER 1

## How calories are burned

Many individuals labor under a misconception of how calories are burned. The importance of knowing how calories are burned is very significant in the fight to stay healthy and in shape. Expend more calories than you consume and there will be weight loss. The body burns calories three ways; **resting metabolic rate (RMR)**, **energy expended with exertions either from exercise or daily activities**, and the **thermic effect of food**.

### **Resting metabolic rate is the most important of the three.**

**1. Resting metabolic rate** accounts for 60-75% of daily calories burned. This means you burn the most calories while at rest. The faster your metabolic rate the more calories you burn. People with a high percentage of lean body mass (fat free mass) burn more calories while at rest. This means it is important to not only lose fat but to gain muscle in the process. It is also important to eat enough calories during the day. Restricting calories will lower your Metabolism rate; this is why it is important to have a good healthy diet plan.

**2. Energy expended with exercise or daily activities** account for 20-30% of your daily caloric output. You can determine the amount of calories you burn according to your workout and intensity. A typical exercise session will burn about 300 calories. It is important to do some type of exercising because daily activities alone may not burn enough calories.

**3. Thermic effect of food** accounts for about 10% of calorie expenditure. If you eat a 400-calorie meal, about 40 calories are used for digestion and absorption. This is another reason it is important to eat enough calories throughout the day. **10% of your calories burned actually come from eating.**

## Determining the Amount of Calories your body burns while at rest.

### HARRIS BENEDICT EQUATION

The **Harris Benedict Equation** is a formula that uses your BMR (calories burned while resting) and then applies an activity factor to determine your total daily energy expenditure (calories). The only factor omitted by the Harris Benedict Equation is lean body mass. Remember, leaner bodies need more calories than less lean ones. Therefore, this equation will be very accurate in all but the very muscular (will under-estimate calorie needs) and the very obese (will over-estimate calorie needs).

### English BMR Formula

**Women:  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$**

**Men:  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$**

### Metric BMR Formula

Women:  $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men:  $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

#### STEP 1

Plug in the appropriate numbers and solve the formula above to find your **BMR** (Basal Metabolic Rate)

#### STEP 2

After you determine the **BMR** (Basal Metabolic Rate) choose the appropriate category from the chart.

### Harris Benedict Formula

To determine your total daily calorie needs, multiply your **BMR** by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise): Calorie-Calculation =  $BMR \times 1.2$
2. If you are lightly active (light exercise/sports 1-3 days/week): Calorie-Calculation =  $BMR \times 1.375$
3. If you are moderately active (moderate exercise/sports 3-5 days/week): Calorie-Calculation =  $BMR \times 1.55$
4. If you are very active (hard exercise/sports 6-7 days a week): Calorie-Calculation =  $BMR \times 1.725$
5. If you are extra active (very hard exercise/sports & physical job or 2x training): Calorie-Calculation =  $BMR \times 1.9$

#### STEP 3

After you choose the appropriate category, **multiply your BMR times the proper number**. The answer will give you an **estimate** of your calories burned at rest.

## EXAMPLE 1

### DETERMINE THE RESTING METABOLISM (AMOUNT OF CALORIES BURNED DURING REST) FOR SUSAN

Susan is 45 years old; she weighs 245 pounds and is 5 foot 5 inches tall. She works the type of job where she sits for most of the day. Susan does not exercise ever. How many calories is Susan burning while at rest?

#### STEP 1

- First, find Susan's **BMR**
- Plug Susan's weight, height, and age into the formula

English BMR Formula

**Women:  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$**

Men:  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

$BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$ .

$BMR = 655 + (4.35 \times 245) + (4.7 \times 65) - (4.7 \times 45)$

$BMR = 655 + 1065.75 + 305.5 - 211.5$

$BMR = 1814.75$

#### STEP 2

Determine where Susan falls on the figure 1.

Since Susan sits at her desk most of the day and does not exercise she would fall under the number 1.



Figure 1

## Harris Benedict Formula

To determine your total daily calorie needs, multiply your **BMR** by the appropriate activity factor, as follows:

**1.If you are sedentary (little or no exercise): Calorie-Calculation = BMR x 1.2**

**2.If you are lightly active (light exercise/sports 1-3 days/week): Calorie-Calculation = BMR x 1.375**

**3.If you are moderately active (moderate exercise/sports 3-5 days/week): Calorie-Calculation = BMR x 1.55**

**4.If you are very active (hard exercise/sports 6-7 days a week): Calorie-Calculation = BMR x 1.725**

**5.If you are extra active (very hard exercise/sports & physical job or 2x training): Calorie-Calculation = BMR x 1.9**

### STEP 3

#### Plug numbers into the formula

The formula for number 1 is **BMR X 1.2**

Plug in the appropriate numbers

SUSAN'S CALORIES BURNED WHILE AT REST = **SUSAN'S BMR X 1.2**

SUSAN'S CALORIES BURNED WHILE AT REST = **1814.75 x 1.2 = 2177.7**

**ANSWER:** SUSAN BURNS approximately **2177.7** CALORIES A DAY AT REST.

**2177.7** are the amount of Calories Susan burns at rest.

**If Susan decided to exercise and burn 600 calories how many TOTAL calories would she burn?**

### **FORMULA FOR SUSAN'S TOTAL CALORIES BURNED**

**SUSAN'S CALORIES BURNED RESTING + AMOUNT OF CALORIES BURNED EXERCISING.**

Susan burns 2177.7 calories resting. If she burns an additional 600 calories exercising Susan would burn  $2177.7+600=2877.7$

SUSAN'S TOTAL CALORIES BURNED ARE 2877.7

If Susan wants to lose weight for that day she would have to eat less than 2877.7 calories.

### **Calories Burned needed to lose weight**

**There are approximately 3500 calories in a pound of stored body fat. If you create a 3500-calorie deficit through a combination of diet and exercise, you will lose one pound of body weight. (On average 75% of this is fat, 25% lean tissue) If you create a 7000-calorie deficit, you will lose two pounds and so on. The calorie deficit can be achieved either by calorie-restriction alone, or by a combination of fewer calories in (diet) and more calories out (exercise). The combination of diet and exercise is the best method for lasting weight loss. Sustained weight loss is difficult or impossible without increased regular exercise.**

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