**Balancing Caloric Intake and Expenditure (NOTES)**

Caloric Intake

* Caloric intake is the amount of calories (\_\_\_\_\_\_\_) consumed.

You can use the link below to calculate your Daily Caloric Intake

Read the Activity Level Details

🡪http://www.drgily.com/basal-metabolic-rate-calculator.php

Activity Levels, Which one are You?

* \_\_\_\_\_\_\_\_\_\_\_\_ – little or no exercise/physical activity
* Lightly Active – light exercise or sports 1-3 days per week
* Moderately Active – moderate exercise/sports 3-5 days per week
* Very Active – \_\_\_\_\_\_\_\_\_ exercise or sports 6-7 days per week
* Extra Active – very intense daily exercise/sports or twice a day physical training.

Physical Activity vs. Exercise

* Are they the same? \_\_\_\_\_\_
* **Physical activity** is movement that is carried out by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ that requires energy.
* **Exercise** is \_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, repetitive movement intended to improve or maintain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ components (5). Exercise is a subcategory of physical activity.

Basal Metabolic Rate

* BMR – is the \_\_\_\_\_\_\_\_\_\_ amount of calories our bodies need to function at \_\_\_\_\_\_\_\_.

\*We need more than that amount of calories because we are not at rest all the time.

Caloric Expenditure

* Caloric expenditure is the amount of calories used or burned.
* *Balancing Calories to Manage Weight*

BMI

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (BMI), is simply a number that gives a general indication if weight falls within a healthy range.
  + Calculated by a \_\_\_\_\_\_\_\_\_ of your height to weight (kg/m2)

