

NAME: \_\_\_\_\_  
DATE: \_\_\_\_\_

## Calculate your BMR (Basal Metabolic Rate) & AMR (Active Metabolic Rate)

**ACCURATE:  
ROUGH**

**\*\* Note that BMR calculations should only be used to provide a rough guideline on daily energy expended. Actual values cannot be attained using such calculations, and may be quite inaccurate depending on several factors such as geographic location, body-type, diet, body composition and some genetic factors. Values which extend +/- 15% above and below your calculated BMR may be a more accurate representation of your actual BMR range as daily fluctuations are constant and your BMR is rarely the same on a daily basis.**

### **BMR (Basal Metabolic Rate)**

**Your BMR, or basal metabolic rate (metabolism), is the energy (measured in calories) expended by the body at rest to maintain normal bodily functions. This continual work makes up about 60-70% of the calories we use ("burn" or expend) and includes the beating of our heart, respiration, and the maintenance of body temperature. Your BMR is influenced by a number of factors, including age, weight, height, gender, environmental temperature, dieting, and exercise habits.**

**Because of the increased activity of cells undergoing division, the younger the person, the higher (faster) the metabolism. And the taller and heavier a person is, the faster their metabolism. Because of the greater percentage of lean muscle tissue in the male body, men generally have a 10-15% faster BMR than women. Restrictive and traditional diets may cause your BMR to drop as much as 20%. People living in tropical or very cold environments generally have BMR's 5-20% higher than those living in more temperate climates. In general, depending on the intensity and duration, consistent exercise will also increase your BMR.**

GO TO THE FOLLOWING WEBSITE TO FILL IN THE DATA BELOW:

<http://preventdisease.com/healthtools/articles/bmr.html>

## AMR (Active Metabolic Rate)

To maintain normal bodily functions, your body "burns" more calories throughout the day than at rest. Once you have calculated your BMR above, you can enter the average minutes you spend in a variety of activities each day. This will help you calculate your AMR or Active Metabolic Rate. We have divided these into five levels from very light to very heavy. We have included a few examples of each category to allow you to gauge where a given activity might fit. The result is only an estimate, but should give you an idea of your daily caloric needs.

Physical Activity, minutes/day				
Very Light	Light	Moderate	Heavy	Very Heavy
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Examples include:</b> Reading Sitting Driving Eating	<b>Examples include:</b> Walking Sweeping Playing Piano Bicycling (easy)	<b>Examples include:</b> Fast walk Dancing Ping-Pong Skating	<b>Examples include:</b> Swimming Running Bicycle Race Basketball	<b>Examples include:</b> Boxing Rowing Mountain climbing
<b>Total Energy Requirement</b>		<input type="text"/>	calories/day for men	
		<input type="text"/>	calories/day for women	

Use the following conversion chart assess your height in Inches:

**Feet to Inches Conversion Chart**

4'10"=58"	5'2"=62"	5'6"=66"	5'10"=70"	6'2"=74"	6'6"=78"
4'11"=59"	5'3"=63"	5'7"=67"	5'11"=71"	6'3"=75"	6'7"=79"
5'0"=60"	5'4"=64"	5'8"=68"	6'0"=72"	6'4"=76"	6'8"=80"
5'1"=61"	5'5"=65"	5'9"=69"	6'1"=73"	6'5"=77"	6'9"=81"

To estimate your BMR, fill in your physical characteristics and click on Enter:

Physical characteristics	
Age in years	<input type="text"/> (yrs)
Weight in pounds	<input type="text"/> (lbs)
Height in inches	<input type="text"/> (in)
<b>Your BMR</b>	
	<input type="text"/> Calories/day for men
	<input type="text"/> Calories/day for women