HBS 3.2 BMI/BMR/TDEE Practice

What does BMI stand for? How is it calculated?

What does BMR stand for? How is it calculated?

What does TDEE stand for? How is it calculated?

Scenario:

Julio is 5 feet 2 inches and weighs 138 pounds at age 25. He starts each day with 2 cups of coffee, each with cream (no sugar). He rarely eats breakfast, but when she does it is typically eggs with a side of bacon. His daily caloric intake is 2,500. For lunch he usually eats a piece of fruit with a nutrigrain bar. Julio makes dinner five nights and week and eats out the other two days. Julio very rarely drinks soda, and typically sticks to water and coffee. He goes to the pool to swim, typically 2-3 times per week for usually spends 45-50 minutes.

Calculate his BMI, BMR, and TDEE. Provide suggestions for Julio as a nutritionist would provide.

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1 inch = 2.54 cm

1 lb. = 0.454 kg

BMI = $\frac{\text{weight (kg)}}{[\text{height (m)}]^2}$

BMR = **66.5 + (13.75 x W) + (5.003 x H) – (6.775 x A)**
W is weight in kg, H is height in cm, and A is age in years.

Harris Benedict Formula

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

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

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