

# RMR

what's your resting metabolic rate?



## 1

Your RMR is the number of calories your body burns at rest.  
To determine your resting metabolic rate (RMR):

### WOMEN:

|   |       |
|---|-------|
| 1. Begin with a base of 655 calories.       | 655   |
| 2. Multiply your weight (in pounds) by 4.3. | _____ |
| 3. Multiply your height (in inches) by 4.7. | _____ |
| 4. Add together the totals of 1,2, and 3.   | _____ |
| 5. Multiply your age by 4.7.                | _____ |
| 6. Subtract result of 5 from total of 4.    | _____ |
| <b>THIS IS YOUR RMR</b>                     |       |

### MEN:

|  |       |
|--|-------|
| 1. Begin with a base of 66 calories.         | 66    |
| 2. Multiply your weight (in pounds) by 6.3.  | _____ |
| 3. Multiply your height (in inches) by 12.7. | _____ |
| 4. Add together the totals of 1,2, and 3.    | _____ |
| 5. Multiply your age by 6.8.                 | _____ |
| 6. Subtract result of 5 from total of 4.     | _____ |
| <b>THIS IS YOUR RMR</b>                      |       |

## 2

To determine your BMR, the total number of calories you burn during the day:

1.  $RMR \times 30\%$  (less active days) or \_\_\_\_\_ = additional calories burned by activity
2.  $RMR \times 40\%$  (more active days)

Example:

Martha is a 20 year old young woman who weighs 135 pounds and is 65 inches:

|                                 |       |
|---------------------------------|-------|
| 1. Base of                      | 655   |
| 2. Weight of $135 \times 4.3 =$ | 580.5 |
| 3. Height of $65 \times 4.7 =$  | 305.5 |
| 4. $1+2+3 =$                    | 1541  |
| 5. Age of $20 \times 4.7 =$     | 94    |
| RMR =                           | 1447  |

This is the number of calories Martha will burn at rest.

RMR of  $1447 \times 30\% =$  434.1 calories

or

RMR of  $1447 \times 40\% =$  578.8 calories

BMR on an active day =  $1447 + 434.1 = 1881.1$

BMR on a more active day =  $1447 + 578.8 = 2025.9$