

# Newsletter

August 7, 2021

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## Let's Talk About It:

In this issue I'd like to explore why it's important to eat the right amount of calories to support your energy requirements and what happens if you don't. Previously we've discussed how to calculate your Basal Metabolic Rate (BMR), if you remember it's a pretty complex process and thankfully there is an app for that. You can do it here:

<https://www.calculator.net/bmr-calculator.html>

Your BMR is important because it is the amount of energy (calories) that you need to eat on a daily basis just to support your body's most basic or basal life-sustaining functions (energy needed to support your heart, lung, brain, and other organs as well as regulate your temperature and so forth). This calculation is needed to calculate your Total Daily Energy Expenditure (TDEE) which is the number of calories that you burn every day, not just to sustain life but to go about your daily activities including exercise.

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It's very important to be honest about your activity level, to make the calculation as accurate as possible.

There is one more calculation that is important to know about and that is Resting Energy Expenditure (REE) which is calculated when one is at rest, fasting, and at normal body temperature. This is because REE accounts for 60 - 75% of TDEE in individuals with a sedentary occupation.

To recap, to calculate TDEE you have to know your BMR and include and be honest about the level of your daily activity to get an accurate number. This leads us to the question, How do I know what my activity level actually is? The chart below is a good reference to help you figure it out.

Daily Activity Level Multiplier
<b>1.3 (Very Light)</b> - Typical office job (sitting, studying, little walking throughout the day)
<b>1.55 (Light)</b> - Any job where you mostly stand or walk (teaching, shop/lab work, some walking throughout the day)
<b>1.65 (Moderate)</b> - Jobs requiring physical activity (landscaping, cleaning, maintenance, jogging/ biking/working out 2 hours/day)
<b>1.80 (Heavy)</b> - Heavy manual labor (construction, dancer, athlete, hard physical activity min. 4 hours/day)
<b>2.00 (Very Heavy)</b> - Moderate to hard physical activity min. 8 hours/day

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Of course once you have figured out your activity level there is an app for calculating your TDEE.

<https://www.calculator.net/tdee-calculator.html>

Ok so what now? You may ask. Well finally back to the reason why we need to know this information in the first place. I think we're all clear on what happens if you eat too many calories, you store the extra calories as fat and you gain weight and if you eat fewer calories than you burn your body uses the energy from your fat stores and you lose weight. Oh, if it were only that simple, but the body has a few tricks up its sleeve to protect your vital organs, that it fires up in the event you are eating less than your BMR.

What we typically see is the body readjust the BMR to conserve energy, (especially if the caloric intake is less than one's BMR), thus lowering your energy requirements and maintaining your current energy stores, resulting in no weight loss. If the calorie deficit is high enough then you will start to experience symptoms that we typically see in the phases of starvation. These include fatigue and apathy, hair loss, muscle wasting, lowered immunity, depression, and dry skin to name a few. This is because your body is, well, basically eating itself, using non-vital energy stores (glycerol) and hanging onto all the vital energy that it can. Knowing this leads to the next question, how do I overcome this self-defense mechanism? You do this by increasing your energy requirements (aerobic exercise and muscle building) and if necessary actually increasing your caloric intake to a minimum of at least your BMR, while eating foods that are metabolically active.

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## Task For The Week

This week, calculate your BMR and TDEE using the links above. Record those numbers and track your caloric intake daily to see if you are eating less than your BMR or more than your calculated TDEE.

Ask the following questions of yourself, and record your answers in a journal.

1. Am I eating more calories than my TDEE requires? If so, what can I do to increase my TDEE daily or to lower my caloric intake this week? Chose from the below options to move toward attaining your goal.
  - Can I choose a simple carbohydrate that I can eat less of this week to decrease my calorie intake? (bread, corn, potato, fruit other than berries, candy, cookies, cake, ice cream, syrup, sweetened drinks)
  - Can I add an exercise this week that will help raise my TDEE? (strength training, cardio)
2. Am I eating fewer calories than my BMR requires? If I was eating less calories than my BMR requires what protein and or fat can I add to my diet to raise my caloric intake to at least my BMR.
3. Am I eating enough calories in the form of protein to build muscle?

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## Recipe of the week

### Flourless Almond Butter Cookies

Makes 12 servings

**Nutrition Facts Per Serving:** Net Carbs 2g, Fiber 0g, Total Carbs 2g, Protein 5g, Fat 12g, Calories 134

### Ingredients

1 Cup Unsweetened Almond Butter  
1/3 Cup Swerve (Erythritol)  
1 Large Egg  
1 Tsp Vanilla Extract  
1/8 Tsp Salt

### Instructions

Step 1. Preheat oven to 350 degrees

Step 2. Add all ingredients to a bowl and mix together.

Step 3. Line a baking tray with parchment paper and place tablespoon sized portions of batter on to the tray. Use your fingers to flatten the mounds. Use the back of a fork to create a crosshatch pattern on each cookie.

Step 4. Bake 10 - 12 minutes. Remove from oven and let cool completely before transferring to a plate.

If you have a recipe you would like to share, please send it to [drqweightloss@gmail.com](mailto:drqweightloss@gmail.com)

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## Announcements

Vitruvian BodyWorks is offering Yoga, Pilates, and Fitness Evolution classes. They are pleased to announce these additional classes that are coming soon: Zumba, HIIT Senior Edition, Senior Drum Ball Cardio, Dancing to The Oldies, and Let's Get Moving Morning Class. Call or email to sign up and get your first Yoga or Pilates class free (applies only to Yoga and Pilates) 727-273-2030. You can also register virtually using the [Mindbody](#) app. If you are interested in attending a class, but don't see a time that works for you, let us know and we will try to schedule a class at a time and date that does.

Yoga \$10.00/class, Pilates \$15.00/class, Fitness Evolution \$15.00/class

See the attached class schedule

Private classes in Yoga \$60.00, Pilates \$70.00, or Personal Training \$50.00 are also available

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## Q & A:

### I Hear a lot about “cheat days” when I can eat whatever I like. Does that really help with weight loss?

Another great question and the answer is a resounding **maybe**. Understanding that depriving yourself of something can make you want it even more, having a cheat day may work as a psychological trick to satisfy your cravings for pizza, chips, donuts, and other high carb and high calorie foods so you won't feel deprived. If that satisfaction keeps you from eating those added calories the rest of the week then yes it can help with weight loss, But keep in mind that on your cheat days, you are eating more calories, maybe even 1000 - 2000 calories more. That can really slow down or even halt weight loss. There is also the risk that the cheat day could backfire - giving into your cravings (which remember are actually just your appetite talking not your hunger) may have you saying goodbye to your new healthier way of eating and saying hello to your old way that caused you to gain weight in the first place.

Please feel free to email us with questions, topics, or ideas that you would like to see included in this newsletter.

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