



Your RMR- The Key to Successful Weight Loss



If you have been unsuccessful in your attempts to lose weight in the past, do not blame yourself for lack of willpower and self control. The key to successful weight loss is arming your self with the right knowledge and tools; and understanding the simple math involved. After all weight loss and weight gain come down to calories in and calories out; and which one exceeds the other.

A calorie is merely an expression of energy. Energy is contained in all the foods we eat, providing us with the nutrients and the fuel we need to perform our daily activities. The problem arises when we consume more energy (calories) than we need and our body winds up storing the rest as fat.

Many people think that those who are overweight eat enormous amounts of food, but that is not really the case. For many of us weight gain creeps up on us slowly. As we age and decrease our activity levels our muscle mass is reduced and so there is a consequential slowing down of our resting metabolic rate (RMR). So we may not be eating any “more” we just may not need to eat “as much” as we once did.

Just consuming 100 calories more a day or just one banana than you need for a year can equate to a 10 pound increase in your weight. If eating just one banana a day can sabotage your ability to lose weight, it becomes evident how important it is to know exactly what your “RMR” is, or how many calories you burn in a day. This is the only way you can be successful with your weight loss program.

You can guess your RMR by using different formulas available in scientific literature or you can get an exact number by having an indirect calorimetric reading taken, often a very expensive procedure done only in medical facilities. Thanks to the progress of science, you can now have an accurate RMR test done for a much more reasonable fee and in select local fitness facilities. Arming yourself with this information will provide you with the essential knowledge you need to achieve the goals you want to obtain. You can literally take the “guess work” out of losing weight.