

**Personal Details:**

- Male
- Female
- Age
- Height
- Imperial      Metric
- Weight
- Target Wt
- Imperial      Metric
- Body Fat %

**Activity Adjustment:**

- Work
- Leisure
- Exercise
- Intensity
- Average

**Key Information:**

- RMR
- Predicted
- % Pred
- Burn Rate
- Met Rate
- RQ
- Fat
- Sugar

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# Calorie Burn

## Weight Control

The reality of successful weight management is very simple, it's the number of calories you eat versus the number of calories you burn. This is called the Energy Balance Equation. If you eat more than you burn, you will gain weight, irrespective of whether these calories come from good foods or not! Similarly, if you eat less than you burn, you will lose weight.

Unfortunately, most people tend to over-estimate the number of calories they burn through activity and exercise and under-estimate the number of calories they eat. There are 3,500 calories in one pound of fat. The average number of calories you burn in an hour by going to the gym is around 600 calories. This means that you will have to exercise for 5 hours to lose just one pound! Weight loss does not happen overnight. It takes time to gain weight and it takes time to lose it. Don't be fooled by claims to lose a stone in a week etc. Most of this weight loss will be through dehydration, which you will put back on straight away. It takes time to successfully lose weight, if you want it to be sustainable and stay off!

On the flip side, our foods are increasingly becoming packed full of calories. Processed foods, such as those found in deli's or coffee bars are very rich in calories, with a muffin and cappuccino containing some 600 calories! Remember, you'll have to work for an hour to burn through this!

### Your Resting Metabolic Rate Graph

You burn calories in 3 ways: your Resting Metabolic Rate (RMR), your Lifestyle and of course, Exercise. Your RMR is your biggest friend when it comes to burning calories. From the moment you are born, it burns calories 7 days a week, 52 weeks a year, even in your sleep! This is what people refer to as their metabolism. As much as 65-80% of the total calories you burn every day comes from your RMR, which is why it's so important we know what it is.

It is true that some people have a high RMR (fast metabolism) and some a slow RMR (slow metabolism). Your RMR is **1,562** Kcal/day, with the normal rate being **1,500** Kcal/day for someone of your age, height, weight and gender. Your RMR graph from your Calorie Burn test is shown above.

Whether you have a fast or a slow metabolism is determined by your genetics. However, there are some tips and tricks that you can do to speed up your metabolism:

1. Do some exercise
2. Eat little & often

The one thing you want to avoid is slowing down your metabolism, as this will cause you to burn fewer calories and make losing weight harder. The single worst thing you can do is stop eating and go on a crash diet! This sends alarm signals to your body to slow down your metabolism as the body thinks that it is in a time of crisis, food is scarce and so it must conserve energy. Now that we know your RMR, you can plan exactly how much to eat in order to manage your weight more successfully.



You are what you eat!

**“Make sweets an occasional treat rather than an everyday occurrence”**

## Body Mass Index & Body Fat Percentage

Body Mass Index is the traditional method used to gauge if you are overweight. This is a relatively blunt calculation as it does not take into account lean tissue (muscle) or your body fat percentage. If you are active and exercise on a regular basis, your BMI will be misleadingly high as muscle weighs heavier than fat. Your BMI is **35.7**

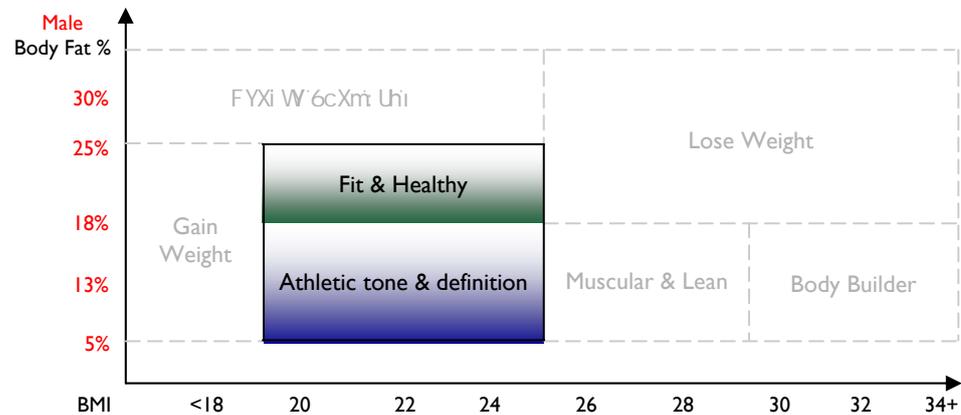
When we factor in your body fat percentage, we get a more accurate picture. Your body

fat percentage is **25 %**. Your combined BMI and body fat percentage is indicated by the star in the chart below. You can see which category you fall into and compare this to which body shape you would like to have.

Everyone can change the way they look. It takes time and a great deal of will power, but it can be done. However, your genetics play a key role in determining how easily you will be able to move from one category to another. You

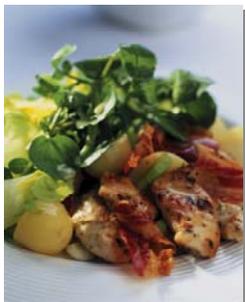
cannot win long-term against Mother nature. If you are pear-shaped, you can become a slimmer pear, but you will always be a pear!

A sustainable weight loss program will result in a loss of between 1-2 lbs per week. If you lose more weight than this, you run the risk of losing muscle mass, which will lower your RMR. This is the last thing you want to do! Set realistic and achievable targets for yourself and avoid crash diets.



## What To Eat

Your foods consist of 3 types of nutrients: carbohydrate, fat and protein.



Eat the right foods to suit your metabolism

**Fat:** Fat is good for you as your body requires fat to stay healthy. However, choose a diet that is low in saturated fat and contains only a moderate total fat content. Government guidelines recommend less than 30% of your calories coming from fat. Trainsmart recommends reducing this further to 20% of the total.

**Carbohydrate:** Carbs are an essential part of your diet if you wish to have energy &

vitality. We recommend that 65% of your diet comes from carbs. If you participate in exercise and activity, you should increase this to 75%. Carbohydrates are sugars that the body can quickly convert to energy. It is important to look at the quality of carbs you eat and their Glycaemic Index (GI). The Glycaemic Index indicates how quickly the sugar is released into your blood stream. A high GI means the sugar is released quickly and vice versa. If you are frequently tired in the afternoon around 16:00 or have cravings for sweet things after eating your meal, you

could be suffering from too much high GI foods. Low to moderate GI foods balance your energy levels are reduce the cravings for sweets.

**Protein:** Protein is essential to maintain and build muscle tissue.

“Your Program” on the opposite page gives you advice on how much to eat to achieve your goals, what to eat and what exercise and activity you should try and incorporate into your lifestyle.

## Fat Burner or Sugar Burner?



The answer lies in your RQ! RQ identifies what fuel your body utilizes. Put simply, your body burns a mixture of sugar (carbohydrate) and fat. From the results of your Calorie Burn test, your RQ is **0.85** and you can see from the chart if you are a fat burner or sugar burner.

The diet implications opposite show how RQ can identify what food types suit your metabolism.

### High RQ > 0.90

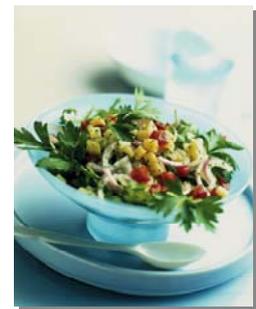
Your body predominantly burns carbohydrate, so a high carb diet would be best for you.

### Average RQ 0.80 - 0.90

Your body does not have a preference to burn either fat or carbs, so a "balanced" diet would be most beneficial

### Low RQ < 0.80

Your body predominantly burns fat so a diet light in carbs would be ideal.



A healthy, balanced diet is best

## Your Weight Loss Program

"Calories in vs. calories out", that's the key to managing your weight! If your goal is to lose weight, you must burn more calories than you consume. It's as simple as that! You can then fine-tune your diet by balancing the amount of fat, carbohydrate & protein for best results.

However, if you truly wish to be successful in managing your weight, you must incorporate some form of exercise or activity into your lifestyle which will give you the best results by far!

Your target is to lose 500 Kcal/day. Based on your Burn Rate of 1250 Kcal/day, we recommend you eat **250** Kcal/day less and increase your activity by **250** Kcal/day. This will result in a sustainable weight loss that you won't put back on!

Divide your meals into 5-6 small meals per day, being careful not to eat more total calories! This trick alone will raise your metabolism and burn an extra **200** Kcal/day!

	Non-Exercise Day	Exercise Day
Calories to eat		
Food Types:		
Carbohydrates		
Fat		
Protein		
Weight Management Targets		
Current Weight		
Target Weight		
Daily Kcal/deficit		
Weight in 12-Weeks		
Time to Target Weight		

**"If you burn more calories than you consume, you will lose weight"**



Get active for successful weight management!

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**Our ethos is simple: Trainsmart was created to dispel the myths and half-truths surrounding cardiovascular training. We do not adopt a “one size fits all” approach.**

**You are unique and your training zones are personal to you. Whether you are interested in weight loss, general health & fitness or are a performance athlete, we provide you with your individual metabolic information and give you factual nutrition and exercise knowledge to train effectively.**

## Smart Zones® Intelligent Training



**James Cracknell**

**Double Olympic Gold Medalist**

*“Trainsmart Interactive is a fantastic new product that’s been developed by Trainsmart. You can be remote-trained for general fitness, special events or competition. It provides all the benefits of one-to-one coaching, which normally costs a fortune, for a fraction of the normal price.”*

**James Cracknell OBE**

Working with the best coaches in the industry, Trainsmart Interactive (TSI) brings you professional level, online coaching for a fraction of the normal price.

Input your metabolic test information and the system will design a completely personalised training plan with your individual training zones.

TSI does all the planning for you – how much training to do, how much time to spend training easy or hard and focussing on areas you want to improve, such as speed or endurance.

Best of all, TSI gives you real time updates when uploading or inputting training details. Your training plan is updated automatically and your next sessions are adjusted to ensure you don’t over or under-train - just like a coach would do.

If you work with a coach or personal trainer, they can support you 24/7 by using TSI by monitoring your progress and setting your training plan. Get the best of both worlds with 1-to-1 sessions and direct online support.

Training is much more fun when you do it with friends. TSI is closely integrated with social media, so you can challenge and offer support to your chosen buddy’s.

TSI has been designed to be your online training resource. There’s absolutely no cost. Register at [www.trainsmart.com](http://www.trainsmart.com) and use the system to design free, customised training plans.