

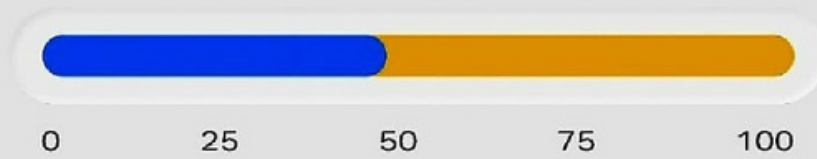


Resting Metabolic Rate Assessment

- The fuel sources your body uses during daily activities
- Your metabolic health
- Your nutrition requirements based on your metabolic rate and fitness goal

Fuel Sources

Your body uses a mixture of carbs and fats to produce the energy needed to sustain life and power daily activities. High reliance on fat as a fuel source is one of the most reliable indicator of cellular health and is strongly associated with low likelihood of weight gain or weight re-gain.



- Fats
- Carbohydrates

Your metabolism uses an energy mix of 46% fats and 54% carbohydrates to produce energy

Slow VS Fast Metabolism

Slow or fast metabolism refers to whether your body burns less or more calories than normal. Long-lasting diets or excessive cardio can slow your metabolism down. Weight training or temporarily increasing the calories you eat can help your metabolism recover. Slow metabolism leads to less calories burnt during the day, and as a result, to difficulty in losing weight or maintaining weight loss.





Ohana performance institute

Calories you burn during a 45-min training session of continuous moderate intensity cardio

Exercise
552
kcal/day

Calories you burn during daily activities, such as working, house activities, walking to work, walking the dog, etc.

Daily Activities
460
kcal/day

Calories you burn to sustain life

Resting Metabolic Rate (RMR)
1840
kcal/day

Weight Gain
2852 - 3352
kcal/day

Creating a 350-500 caloric surplus will help you gradually gain weight and enhance your exercise performance

Weight Maintenance
2300 - 2852
kcal/day

Eating as many calories as you burn will lead to weight maintenance

Healthy Weight Loss
1500 - 2300
kcal/day

Creating a 350-800 caloric deficit will help you lose weight comfortably without compromising your health and exercise performance

Disclaimer: Extreme and potentially harmful dietic practices, such as extreme dieting for drastic weight loss and/or excessive fasting protocols (24/36-hour fast, 5:2 fast, alternate day fast) are not recommended

You Burn

Days you dont work out
2300 kcal/day

Days you work out
2852 kcal/day

You should eat

Days you dont work out
1800 kcal/day

Days you work out
2350 kcal/day