

how to work out calories

How to Work Out Calories: A Practical Guide to Understanding Your Energy Needs

how to work out calories is a question that often pops up when people want to manage their weight, improve fitness, or simply maintain a healthy lifestyle. Understanding calories and how they relate to your body's energy needs can feel confusing at first, but once you break it down, it becomes much simpler. In this article, we'll explore what calories really mean, how to calculate your daily calorie requirements, and practical tips to track and manage your calorie intake effectively.

What Are Calories and Why Do They Matter?

Before diving into the mechanics of how to work out calories, it's important to understand what calories represent. Simply put, a calorie is a unit of energy. When we talk about food calories, we're referring to the amount of energy your body can get from consuming a certain food or drink. Your body needs this energy to perform all its functions—from breathing and circulating blood to exercising and even sleeping.

Calories are fundamental because they directly influence your body weight. Consuming more calories than your body burns leads to weight gain, while eating fewer calories than you expend results in weight loss. This balance between calories consumed and calories burned is known as energy balance.

How to Work Out Calories You Need Daily

Calculating your daily calorie needs is the cornerstone of managing your diet. This number depends on several factors including age, sex, weight, height, and activity level. The most common way to estimate your daily calorie requirement is through calculating your Basal Metabolic Rate (BMR) and then adjusting it based on your physical activity.

Calculating Basal Metabolic Rate (BMR)

Your BMR is the number of calories your body needs at rest to maintain vital functions like breathing and digestion. It's essentially the energy cost of keeping you alive without any physical activity. There are several formulas to calculate BMR, but the Harris-Benedict equation is one of the most widely used.

For men:

$$\text{BMR} = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$$

For women:

$$\text{BMR} = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$$

Once you calculate your BMR, you can move on to adjusting it for your activity level.

Adjusting for Activity Level: Total Daily Energy Expenditure (TDEE)

Your Total Daily Energy Expenditure represents the total calories you burn in a day, including all activities. To estimate TDEE, multiply your BMR by an activity factor that best describes your lifestyle:

- Sedentary (little or no exercise): $\text{BMR} \times 1.2$
- Lightly active (light exercise/sports 1-3 days/week): $\text{BMR} \times 1.375$
- Moderately active (moderate exercise/sports 3-5 days/week): $\text{BMR} \times 1.55$
- Very active (hard exercise/sports 6-7 days/week): $\text{BMR} \times 1.725$
- Extra active (very hard exercise & physical job or training twice a day): $\text{BMR} \times 1.9$

For example, if you're a moderately active woman with a BMR of 1400 calories, your TDEE would be $1400 \times 1.55 = 2170$ calories. That means you need roughly 2,170 calories per day to maintain your current weight.

How to Work Out Calories in Food

Knowing how many calories you need is only half the battle; the other half is figuring out how many calories you're actually consuming. This involves understanding food labels, portion sizes, and the calorie content of different macronutrients.

Calories from Macronutrients

Each macronutrient provides a different amount of energy per gram:

- Carbohydrates: 4 calories per gram
- Protein: 4 calories per gram
- Fat: 9 calories per gram
- Alcohol: 7 calories per gram (though not a nutrient, it contributes calories)

By knowing the grams of each macronutrient in your food, you can calculate the total calories. For example, a snack with 10 grams of protein, 20 grams of carbs, and 5 grams of fat contains:

$$(10 \times 4) + (20 \times 4) + (5 \times 9) = 40 + 80 + 45 = 165 \text{ calories}$$

Using Food Labels and Calorie Tracking Apps

Most packaged foods come with nutrition labels that list calories per serving and macronutrient breakdowns. Learning to read these labels accurately helps you work out calories without guesswork. For fresh foods like fruits, vegetables, or meats, calorie content can be found in nutrition databases or apps.

In today's digital age, calorie tracking apps such as MyFitnessPal, Lose It!, or Cronometer make it easy to log your meals and automatically calculate calorie intake. These tools often have extensive food databases and barcode scanners, simplifying the process of working out calories in your diet.

Practical Tips for Managing Calorie Intake

Understanding how to work out calories is valuable, but putting that knowledge into practice is where results happen. Here are some useful tips to help you manage your calorie intake effectively:

- **Measure Portions:** Using kitchen scales or measuring cups can help avoid underestimating how much you eat.
- **Plan Meals:** Planning ahead allows you to control ingredients and portion sizes, making it easier to stick to your calorie goals.
- **Choose Nutrient-Dense Foods:** Foods rich in vitamins, minerals, and fiber often have fewer calories and keep you fuller longer.
- **Be Mindful of Liquid Calories:** Drinks like soda, alcohol, and sugary coffee can add up quickly without providing satiety.
- **Adjust Based on Goals:** If you want to lose weight, create a calorie deficit by consuming fewer calories than your TDEE. For muscle gain, a slight surplus is often necessary.

Why Accurate Calorie Counting Can Be Tricky

While learning how to work out calories is important, it's also worth noting that calorie counting isn't an exact science. Several factors can affect how many calories your body actually uses or absorbs:

- **Metabolic differences:** Individual metabolism can vary due to genetics or hormonal factors.

- **Digestive efficiency:** Not all calories consumed are absorbed equally; fiber-rich foods might pass through the digestive system with fewer calories absorbed.
- **Food preparation methods:** Cooking can alter calorie content, for example, frying adds fat and calories.
- **Accuracy of food labels:** Labels can have a margin of error, and homemade meals are harder to measure precisely.

Because of these variables, it's best to use calorie counts as a guide rather than an absolute rule. Paying attention to how your body feels and adjusting accordingly is just as important.

How to Work Out Calories for Different Goals

Your calorie needs shift depending on whether you want to maintain, lose, or gain weight. Here's a quick overview of how to tailor your calorie calculations to fit your objectives:

Maintaining Weight

Eat roughly the number of calories equal to your TDEE. This keeps your weight stable as your calorie intake matches your energy expenditure.

Weight Loss

Create a calorie deficit by consuming fewer calories than your TDEE. A common recommendation is reducing intake by 500 calories per day to lose about 1 pound per week. However, it's important not to go too low, as extreme calorie restriction can slow metabolism and harm health.

Weight Gain or Muscle Building

Increase your calorie intake slightly above TDEE to support muscle growth or weight gain. Focus on protein-rich foods and strength training to ensure the added calories contribute to lean mass rather than fat.

Tracking Progress Beyond Calories

While calories provide a solid framework, it's equally important to look at other indicators of health and fitness progress. Monitoring energy levels, physical performance, body measurements, and how your clothes fit can give you a more holistic view of your progress than calorie counting alone.

In summary, learning how to work out calories is a useful skill that empowers you to make informed

decisions about your diet and lifestyle. By combining this knowledge with mindful eating and regular physical activity, you can take meaningful steps toward your health and fitness goals.

Frequently Asked Questions

What is the basic formula to calculate calories burned during exercise?

The basic formula to estimate calories burned is: $\text{Calories burned} = \text{MET value} \times \text{weight in kg} \times \text{duration in hours}$. MET (Metabolic Equivalent of Task) varies depending on the activity intensity.

How can I calculate my Basal Metabolic Rate (BMR) to understand daily calorie needs?

You can calculate BMR using formulas like the Mifflin-St Jeor Equation: For men, $\text{BMR} = 10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age} + 5$; for women, $\text{BMR} = 10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age} - 161$.

How do I factor in exercise to determine total daily calorie expenditure?

$\text{Total daily calorie expenditure} = \text{BMR} + \text{calories burned from physical activity} + \text{calories burned during digestion (TEF)}$. You add the calories burned during workouts to your BMR to get total daily energy expenditure (TDEE).

What tools or apps can I use to work out calories burned during different workouts?

Popular tools include MyFitnessPal, Fitbit, Apple Health, and Garmin Connect. These apps use your personal data and activity type to estimate calories burned during workouts.

Does my weight affect how many calories I burn during exercise?

Yes, heavier individuals typically burn more calories doing the same activity compared to lighter individuals because more energy is required to move a larger body mass.

How accurate are calorie calculators for workouts?

Calorie calculators provide estimates based on averages and may not account for individual differences like metabolism, muscle mass, or workout intensity, so they should be used as guidelines rather than exact measures.

Can I calculate calories burned from heart rate during exercise?

Yes, some formulas estimate calories burned based on average heart rate, age, weight, and duration. Heart rate monitors and smartwatches often use this method for more personalized estimates.

How do I calculate calories burned for strength training versus cardio?

Cardio workouts generally have MET values assigned that can be used for calorie calculations. Strength training burns fewer calories per minute but builds muscle which increases BMR over time. Use specific MET values for strength training activities to estimate calories burned.

Why is it important to understand calories burned when trying to lose weight?

Understanding calories burned helps create a calorie deficit (burning more than consuming), which is essential for weight loss. Tracking calories helps manage diet and exercise effectively.

How can I estimate calories burned without any equipment or apps?

You can use general MET values for common activities and apply the formula: $\text{Calories burned} = \text{MET} \times \text{weight in kg} \times \text{duration in hours}$. For example, walking at 3 mph has a MET of ~3.3.

Additional Resources

How to Work Out Calories: A Detailed Guide to Understanding Energy Intake

how to work out calories is a fundamental question for anyone interested in nutrition, weight management, or overall health optimization. Calories represent the units of energy that food provides, and understanding how to calculate this energy intake accurately is crucial for making informed dietary choices. Whether the goal is to lose weight, gain muscle, or maintain current body composition, knowing the caloric content of foods and how your body uses these calories is the first step toward effective nutritional planning.

In this article, we will explore the scientific basis of calorie measurement, discuss methods to calculate daily caloric needs, and analyze the strengths and limitations of various approaches. Integrating concepts like basal metabolic rate, activity level, and macronutrient composition, this review aims to provide a comprehensive framework for anyone seeking to master how to work out calories.

The Science Behind Calories and Energy Balance

Calories are a measurement of energy, specifically the amount of energy required to raise the temperature of one gram of water by one degree Celsius. In nutrition, calories quantify the energy potential of food, which the body converts into fuel for vital functions and physical activities.

Understanding how to work out calories starts with recognizing the concept of energy balance: the relationship between calories consumed through food and calories expended through metabolic processes and activity. A positive balance, where intake exceeds expenditure, results in weight gain, while a negative balance leads to weight loss. Accurate calculation of both sides of this equation is essential for setting realistic health goals.

Basal Metabolic Rate (BMR): The Starting Point

One of the foundational components in calculating caloric needs is the Basal Metabolic Rate (BMR). BMR represents the number of calories your body requires at rest to maintain essential physiological functions such as breathing, circulation, and cell production.

There are several equations used to estimate BMR, with the Harris-Benedict and Mifflin-St Jeor formulas being the most widely accepted in clinical and fitness settings.

- **Harris-Benedict Equation:** An older method that estimates BMR based on age, sex, height, and weight.
- **Mifflin-St Jeor Equation:** Developed more recently and considered more accurate, especially for modern populations.

For example, the Mifflin-St Jeor equation calculates BMR as follows:

- For men: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$
- For women: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$

Knowing your BMR is essential before moving on to additional factors like physical activity.

Incorporating Physical Activity: Total Daily Energy Expenditure (TDEE)

After determining BMR, the next step in how to work out calories is to adjust for physical activity, which significantly influences overall energy expenditure. This leads to calculating the Total Daily Energy Expenditure (TDEE), which represents the total calories burned in a day.

Activity multipliers are applied to BMR based on activity levels:

1. **Sedentary (little or no exercise):** $\text{BMR} \times 1.2$
2. **Lightly active (light exercise/sports 1-3 days/week):** $\text{BMR} \times 1.375$
3. **Moderately active (moderate exercise/sports 3-5 days/week):** $\text{BMR} \times 1.55$
4. **Very active (hard exercise/sports 6-7 days/week):** $\text{BMR} \times 1.725$
5. **Extra active (very hard exercise or physical job):** $\text{BMR} \times 1.9$

By multiplying BMR with the appropriate factor, you can estimate how many calories your body needs daily to maintain your current weight, accounting for activity.

Methods to Calculate Caloric Content of Foods

Knowing how to work out calories extends beyond estimating daily needs; it also involves accurately assessing the caloric content of the foods consumed.

Understanding Macronutrient Caloric Values

Calories in food primarily come from three macronutrients: carbohydrates, proteins, and fats. Each has a specific caloric value per gram:

- Carbohydrates: 4 calories per gram
- Proteins: 4 calories per gram
- Fats: 9 calories per gram
- Alcohol (not a macronutrient but relevant): 7 calories per gram

Calculating calories from macronutrients involves multiplying the grams of each by their respective caloric values and summing the results. For example, a food item with 10 grams of protein, 20 grams of carbohydrates, and 5 grams of fat would have:

$$(10 \times 4) + (20 \times 4) + (5 \times 9) = 40 + 80 + 45 = 165 \text{ calories}$$

Using Food Labels and Databases

Food packaging often provides caloric information calculated using standardized laboratory methods. However, for unprocessed or homemade foods, nutritional databases are invaluable resources. Trusted databases like the USDA FoodData Central or apps such as MyFitnessPal provide detailed macronutrient and calorie profiles for thousands of foods.

While these tools simplify how to work out calories, it's important to remember that natural variability in food composition can introduce some margin of error.

Weighing and Measuring Portions

One common challenge in calculating caloric intake is accurately measuring food portions. Visual estimates tend to be unreliable and can lead to under- or overestimation of calories consumed.

Using a digital kitchen scale to weigh food before consumption allows for precise calculation of calories based on known macronutrient content. This practice is especially important for individuals following strict dietary plans or those tracking calories for weight management.

Advanced Considerations in Calorie Calculation

Thermic Effect of Food (TEF)

The body expends energy digesting, absorbing, and metabolizing nutrients, known as the Thermic Effect of Food. TEF accounts for approximately 10% of total energy expenditure, but its impact varies by macronutrient:

- Protein: 20-30% of calories consumed are used in digestion

- Carbohydrates: 5-10%
- Fats: 0-3%

This means eating a high-protein diet slightly increases calorie burn compared to high-fat or high-carb diets. While TEF is generally factored into comprehensive metabolic calculations, it adds complexity to how to work out calories precisely.

Individual Metabolic Variability

Genetics, hormone levels, age, and body composition all influence metabolism and calorie usage. Two people with identical BMRs and activity levels may burn different amounts of calories due to these factors.

This variability highlights a limitation in standardized formulas for how to work out calories: they provide estimates rather than exact numbers. Therefore, adjusting caloric intake based on real-world results and progress tracking remains essential.

Calorie Counting Tools and Technology

With technological advancements, calorie tracking has become more accessible. Smartphone apps and wearable devices can estimate caloric expenditure and intake using algorithms, barcode scanning, and databases.

While these tools enhance convenience and accuracy, reliance on technology should be balanced with awareness of potential inaccuracies in food logging and metabolic estimation.

Practical Applications and Challenges

Understanding how to work out calories is particularly important in contexts like weight loss, athletic training, and managing health conditions such as diabetes.

- **Weight Management:** Creating a caloric deficit or surplus is fundamental to losing or gaining weight, respectively.
- **Sports Nutrition:** Athletes often require precise calorie calculations to optimize performance and

recovery.

- **Medical Nutrition Therapy:** Calorie control plays a role in managing chronic diseases by stabilizing blood sugar or lipid levels.

However, the complexity of daily eating habits, the challenge of portion control, and the influence of psychological factors on food choices make strict calorie counting difficult to maintain for many individuals. Moreover, focusing solely on calories can overlook nutritional quality, which is equally vital.

Ultimately, learning how to work out calories provides a scientific foundation for better dietary decisions, but it should be integrated with holistic approaches to nutrition that consider food quality, timing, and individual preferences.

How To Work Out Calories

how to work out calories: 15 Minute Calorie Burn Workout DK, 2009-12-07 Forget gyms and hours of punishing fitness regimes; try these easy-to-follow 15-minute calorie-burn workout routines and get yourself a leaner body in no time! 15 Minute Calorie Burn Workout includes clear at-a-glance photos to show you exactly how to do four key exercises so you can master techniques. A total fitness package - exercising at home has never been easier or quicker!

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how to work out calories: The Ultimate Workout and Nutrition Basics Dr. Terry L. Puett, 2019-07-21 We want to help you get strong, and healthy. This workout and nutrition guide is for those who want results and want them now

how to work out calories: Perfect Calorie Counting Kate Santon, 2008-09-04 Perfect Calorie

Counting is the ideal companion for anyone who's watching their weight. It gives detailed nutritional information alongside calorie counts of your favourite dishes. Covering everything from advice on which foods are the best sources of antioxidants to tips on how be calorie-conscious while still eating the food you like, it walks you through all the steps you can take to improve your diet. Thousands of foods are listed so everyone will be catered for. Whether you're keen to shed a few pounds for a special occasion or you just want to eat more healthily, Perfect Calorie Counting has all you need to know. The Perfect series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby's name. Written by experienced authors offering tried-and-tested tips, each book contains all you need to get it right first time.

how to work out calories: The 100 Year Lifestyle Workout Eric, D.C. Plasker, 2009-12-22 The essential new fitness plan for Baby Boomers who want to remain fit and healthy into retirement Dr. Eric Plasker's breakthrough wellness plan and his book The 100 Year Lifestyle have served hundreds of thousands as a hub of reliable advice on realizing a long life, well lived. Now he takes the next step by setting forth a comprehensive fitness program for longevity—a workout for Baby Boomers who may not be as young as they used to be, but who are determined to get in shape and stay that way for life. The 100 Year Lifestyle Workout is all about how to Get Your “ESS” in Shape™—that is, your Endurance, Strength, and Structure. Pinpointing the health problems that occur when your ESS is out of balance, Plasker shows how to exercise your body in each of these three areas. He provides specific ESS workout sequences for beginning, intermediate, and advanced exercisers, including step-by-step photographs. He covers the top fitness mistakes people make as they age, and provides lifestyle fitness strategies for lasting results as you age—from nutrition to getting back on track after a lapse.

how to work out calories: Making the Cut (Enhanced Edition) Jillian Michaels, 2012-01-03 This enhanced ebook edition of the bestselling fitness program includes over 80 videos of Jillian demonstrating the exercises in that will help you shed the pounds and get the body of your life. You've seen her change lives-why not yours? Are you in good shape but struggling with those last ten to twenty pounds? Do you have an event on the calendar where you'd love to make jaws drop? Or do you just want to see what it would be like to have the best body you've ever had? Then you need to discover what millions who've used Jillian's training methods already know! Making the Cut empowers you to:

- Identify your unique body type and metabolic makeup (are you a fast, slow, or balanced oxidizer?) and customize a diet plan that is perfect for you
- Acquire the mental techniques that will greatly enhance your self-confidence and sharpen your focus on success
- Develop your strength, flexibility, coordination, and endurance
- Reach levels of fitness you never before thought possible

how to work out calories: Home Workout: How to Get Ripped With Minimal Equipment at Home (The Complete Home Workout Blueprint for Getting Ripped and Adding Lean Muscle) Nancy Walsh, 2021-12-23 Home workout set. Are you the type of person who just hops on you treadmill, bike, elliptical, etc and just go and go until you feel like dying? Maybe maybe not. Well many people just do this and don't really have any direction besides cardio and maybe a few weight training exercises here or there. What you need is guidance! You need a base, a sturdy ground, what is going to do this for you is an in home workout program. Home workout for beginners:

- Is accessible for anyone who wants to workout at home, in the office or even travels
- Uses minimal workout equipment
- Is an easy to start and follow guide for basic fitness that is extremely effective
- Is a progressive workout routine designed for fast, sustainable results in weight loss and muscle tone
- Is designed with whole body progression in mind
- Has a focus on longevity and the importance of planning and mind-set to guarantee your success
- It could make all the difference and it could be your missing link?

Home workout equipment for men. The alarming fact is that many people who do completely nothing to improve their body shape. This is a very serious problem. It is a very serious problem mainly for them. Do they expect to stay fit? How do they expect to be in shape if they do not work out at all? They just need to change their everyday routine. Some exercise will be necessary.

how to work out calories: Methodological Reflections on Practice Oriented Theories

Michael Jonas, Beate Littig, Angela Wroblewski, 2017-02-16 This volume presents a comprehensive overview of methodological issues and empirical methods of practice-oriented research. It examines questions regarding the scope and boundaries of practice-oriented approaches and practice theory. It discusses the potential advantages and disadvantages of the diversity resulting from the use of these approaches, as well as method and methodology-related issues. The specific questions explored in this volume are: What consequences are linked to the application of a praxeological perspective in empirical research when it comes to the choice of methods? Is there such a thing as an ideal path to follow in praxeological empirical research? What relationship is there between qualitative and quantitative approaches? What differentiates practice-based social research from other perspectives and approaches such as discourse analysis or hermeneutics? The contributions in this book discuss these questions either from a methodological point of view or from a reflective perspective on empirical research practices.

how to work out calories: The F.A.S.T. Diet (Families Always Succeed Together) Tony Dean, 2008-02-12 Every member of the Dean family was overweight and out of shape. Within twelve months, Tony Dean, his parents, and his five brothers and sisters had lost more than 500 pounds. And they did it without pills, special foods, counting points, or buying any special equipment. They had all tried to lose weight before, but despite the occasional small success, the weight loss was always temporary. So how did this ordinary family manage to overcome a lifetime of weight problems to achieve such remarkable results? They did it together following the F.A.S.T. (Families Always Succeed Together) diet, a program Tony created that encouraged everyone to eat better, exercise more, and hold themselves accountable for maintaining their individual health while encouraging others in the family to stick to their own diet and exercise regimen. And it worked. The Deans are in the best shape of their lives, slimmer and healthier than ever before—and they plan to stay that way. In *The F.A.S.T. Diet*, Tony Dean shows you how to create your own team-of friends, coworkers, or anyone interested in losing weight—and harness the power of teamwork and accountability to help you succeed. The F.A.S.T. Diet will show you how to: • Eat the foods you want and still lose weight • Host weekly weigh-ins to maximize your loss potential • Motivate yourself to go to the gym even when you don't want to • Use the support of your team to get you through the tough days In just one year, the Deans transformed their health and their future. In *The F.A.S.T. Diet*, Tony shares everything they learned and everything you will need to transform your life, once and for all! We did it. You can, too!

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how to work out calories: Fast. Feast. Repeat. Gin Stephens, 2020-06-16 The instant New York Times and USA Today bestseller! Change when you eat and change your body, your health, and your life! Diets don't work. You know you know that, and yet you continue to try them, because what else can you do? You can Fast. Feast. Repeat. After losing over eighty pounds and keeping every one of them off, Gin Stephens started a vibrant, successful online community with hundreds of thousands of members from around the world who have learned the magic of a Delay, Don't Deny® intermittent fasting lifestyle. *Fast. Feast. Repeat.* has it all! You'll learn how to work a variety of intermittent fasting approaches into your life, no matter what your circumstances or schedule. Once you've ignited your fat-burning superpower, you'll get rid of "diet brain" forever, tweak your protocol until it's second nature, and learn why IF is a lifestyle, not a diet. *Fast. Feast. Repeat.* is for everyone! Beginners will utilize the 28-Day FAST Start. Experienced intermittent fasters will strengthen their intermittent fasting practice, work on their mindset, and read about the latest research out of top universities supporting intermittent fasting as the health plan with a side effect of weight loss. Still have questions? Gin has you covered! All of the most frequently asked intermittent fasting questions are answered in the exhaustive FAQ section.

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how to work out calories: Easy Workout Journal Alex A. Lluch, 2009-11 This simple journal can help both newcomers and seasoned athletes alike keep track of their fitness program. It allows them to create personal goals, and develop a personalized fitness plan that includes cardiovascular, strength, and flexibility training.

how to work out calories: Fat Bloke Slims Bruce Byron, 2009-01-01 Bruce Byron is a popular character in The Bill. He's about three to four stones overweight, nearing fifty and, in his own words, a heart attack waiting to happen. 'You see, I have a weight issue - the issue being that I have too much of it. Currently in the UK around six in ten men are medically defined as overweight and one in six as obese. Obesity in the UK has more than doubled in the past eighteen years, amongst blokes it's tripled and with this come increased risks to our health including heart disease - the UK's biggest killer. According to my friends at the British Heart Foundation, heart disease kills one in five males. It is responsible for 32% of premature deaths in males. Someone in the UK has a heart attack every two minutes. That could be me. So, here we are. This is the documented journey of a soon to be fifty-year-old, seriously overweight man who works long hours and wants to be around to see his children grow up, a man who wants to play and do exciting activities with my family, enjoy growing old with my beautiful wife and be around long enough to enjoy the rewards of our very hard-earned success. Today's the day I stop making excuses.'

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