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| **Body composition and energy needs** |
| 1. Calculate what is your **BMI**! |
| 1. Calculate what is your **WHR**! |
| **Energy expenditure (EE)** |
| 1. Calculate your basal metabolic rate (BMR or BM) with Harris–Benedict equatio! |
| 1. Calculate your energy expenditure!  |  |  |  |  | | --- | --- | --- | --- | | **Activity** | **BM factor** | **Duration (h)** | **Energy expenditure (kkal/kJ)** | | Sleeping |  |  |  | | Learning |  |  |  | | Walking |  |  |  | | Watching TV |  |  |  | | Running |  |  |  | | Total |  |  |  | |
| **Formulas** |
| **BMI = body mass (kg) / height² (m²)** |
| **WHR = waist (cm) / hip (cm)** |
| **Harris – Benedict equatio for men**  **BM = 66 + (13,8 x masa (kg)) + (5 x višina (cm)) – (6,8 x starost (leta))**  **Harris – Benedict equatio for women**  **BM = 655 + (9,6 x masa (kg)) + (1,8 x višina (cm)) – (4,7 x starost (leta))** |
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