If You Insist On Counting Calories – this is for you!!

If you really really want to count those calories!? Then I have you covered. Here's a general ballpark figure on how you can count calories for fat loss.

So for example I am 5ft 6 inches in height and my lean body weight for my age (57) is around 125 pounds.

10Xs your lean body weight in lbs = lose weight/burn fat = 1,250 calories

12Xs your lean body weight in lbs = maintain = 1,500

15Xs your lean body weight in lbs = gain weight/lean muscle = 1,875.00

Again, this is just an estimate. Food choices, genetics, exercise intensity, sleep, recovery, and supplementation can ALL affect overall results as it relates to burning fat and/or gaining muscle.

NOTE: These are acceptable "ranges" and do not have to be exact. If you go over or under a little bit, don't sweat it as long as you're making healthy choices. That's what helps keep your body in a fat burning environment.