			CALORIE CHART A					
Determine	your calori	e level per day	y based on your age, gender, and	activity level. If you want to				
lose weig	ht, select t	the lower calo	rie range and increase your activi <sup>.</sup>	ty time and intensity (look on				
Coupon 1 for activity information and an exercise record).								
Gender	Age	Sedentary	Moderately Intense Activity	Vigorously Intense Activity				
			Brisk Walk (3 ½ mph), dance, swim,	Vigorous Walk (4 <sup>1</sup> / <sub>2</sub> mph), jog, high-				
			bicycle-level terrain (less than 10	impact aerobics, bicycle uphill				
			mph), mow lawn, light weight lifting,	(greater than 10 mph), swim				
			golf (walk/carry clubs), light	continuous laps, heavy yard work				
		Less than 30	gardening, hike, stretch	(rake leaves, chop wood), vigorous				
		minutes a		weight lifting, competitive sports				
		day of	Can carry on conversation while	Significant increase in heart				
		moderate	exercising	rate/breathing				
		activity	Exercise for 30-60 minutes	Exercise for 60-90 minutes				
Children	2-3	1000	1000-1400	1000-1400				
Female	4-8	1200-1400	1400-1600	1400-1800				
	9-13	1400-1600	1600-2000	1800-2200				
	14-18	1800	2000	2400				
	19-30	1800-2000	2000-2200	2400				
	31-50	1800	2000	2200				
	51+	1600	1800	2000-2200				
Male	4-8	1200-1400	1400-1600	1600-2000				
	9-13	1600-2000	1800-2200	2000-2600				
	14-18	2000-2400	2400-2800	2800-3200				
	19-30	2400-2600	2600-2800	3000				
	31-50	2200-2400	2400-2600	2800-3000				
	51+	2000-2200	2200-2400	2400-2800				

Determin		- 11 4	CALORIE CHART A	
	-		v based on your age, gender, and	
iose wei	-		rie range and increase your activity	•
Gender	Age	Sedentary	ctivity information and an exercis <u>Moderately Intense Activity</u> Brisk Walk (3 ½ mph), dance, swim, bicycle-level terrain (less than 10 mph), mow lawn, light weight lifting,	Vigorously Intense Activity Vigorous Walk (4 ½ mph), jog, high- impact aerobics, bicycle uphill (greater than 10 mph), swim
		Less than 30 minutes a day of moderate	golf (walk/carry clubs), light gardening, hike, stretch Can carry on conversation while exercising Exercise 30-60 minutes	continuous laps, heavy yard work (rake leaves, chop wood), vigorous weight lifting, competitive sports Significant increase in heart rate/breathing Exercise 60-90 minutes
Children	2-3	activity 1000	1000-1400	1000-1400
Female	4-8	1200-1400	1400-1600	1400-1800
1 cmare	9-13	1400-1600	1600-2000	1800-2200
	14-18	1800	2000	2400
	19-30	1800-2000	2000-2200	2400
	31-50	1800	2000	2200
	51+	1600	1800	2000-2200
Male	4-8	1200-1400	1400-1600	1600-2000
	9-13	1600-2000	1800-2200	2000-2600
	14-18	2000-2400	2400-2800	2800-3200
	19-30	2400-2600	2600-2800	3000
	31-50	2200-2400	2400-2600	2800-3000
	51+	2000-2200	2200-2400	2400-2800