A. Calculate your own basal metabolism, by either using the basic formula for calculating basal metabolism (4th slide in PPT), or following the link.


## Energy balance \& weight control_Part 2.pptx

Energy balance \& weight control_Part...
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BMI Calculator for Child and Teen
This calculator provides BMI and the corresponding BMI-for-age percentile based on the CDC growth charts for children and teens (aqes 2-19 years).
B. Once you have calculated your basal metabolism, calculate the total daily energy needs taking into account: a) your physical activity (information can be obtained from the 10th slide in the PPT or on the following application:
http://www.weightloss.com. au/weight-loss/weight-loss-tools/energy-needs-calculator.html), but also b) the thermic effect of foods.

