



Phat Chicks



"Love who you are." *phatchicks*

PHAT THOUGHT: Help get you kids moving after school!! A quick bike ride, trip to the park or a fun game of soccer before dinner...such a great way to spend time and hear about their day!!

Lunch/Snack ideas: hummus with some carrots or their favourite veggies, Salsa and mini whole wheat pita pockets, mini W/W pitas with tuna or chicken, fruit (cut up apple, strawberries, banana) with yogurt for dipping, whole wheat crusted chicken fingers (home made if you can) with a apple sauce for dipping, chicken wraps, Kashi granola bars...so good for their developing bodies and minds!!

PHAT TIP: We are not fans of calorie counting but is sometimes a good way to teach yourself how much you should eat in a day. We wanted to share this basic formula with you as it is a great guideline. There's a wee bit of work involved.

Firstly, it is recommended that the caloric intake for **women never drop below** 1200/day for woman, 1800/day for men (and these are on the low side).

Calculate your BMR.

Women: $655 + (4.3 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$.

Men: $55 + (6.3 \times \text{weight in pounds}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$.

In order to maintain your **healthy** weight, calculate as follows (Harris Benedict Formula). If you are:

- Sedentary (little or no exercise), caloric intake/day= BMR x 1.2
- Lightly active (light exercise/sports 1-3days/week) caloric intake/day= BMR x 1.375
- Moderately active (moderate exercise 3-5 days/week) caloric intake/day= BMR x 1.55
- Very active (hard exercise 6-7 days/week) caloric intake/day= BMR x 1.725
- Extra active (very hard exercise & physical job/athletic training) caloric intake/day= BMR x 1.9

These numbers will maintain your current weight. If you want to lose (only if needed...check with your doctor), try reducing caloric intake by 500. Again, **not below the recommended amount.**

PHAT ADVENTURES: knowing the importance of goal setting, moving your body and getting outside...join us on these next adventures: We did it last year, let's do it again! '**Phat Chicks runnin' for the cure**'!!! Register here: www.cibcrunforthecure.com after we do that, let's do this... www.trekortreat.ca

PHAT FIT SCHEDULE: All workouts are at **La Salle Park.**

Monday + Wednesday + Friday...9:30am and Tuesday + Thursday...6:30pm.

BE AMAZING! BE THE BEST YOU! BE PHAT!

Contact us @ www.phatchicks.ca or email susieopie@yahoo.com

