

# Breezing

## Weight and Metabolic Rate Management\*

Lose weight	Exercise	Caloric Deficit (kcal/day)	Calorie Intake Goal (kcal/day)	Note
REE Normal	Should be reasonable amount to manage	-250	Should not be lower than REE value	Check REE in 1 month to observe any changes in REE and adjust calorie intake goal as needed
REE Low	Encourage exercise to increase REE**	-250	Should not be lower than 1200	
REE High	Should be a reasonable amount to manage	-250 to -500	Should not be lower than REE value	
Maintain weight	Exercise	Caloric Deficit (kcal/day)	Calorie Intake Goal (kcal/day)	Note
REE Normal	Should be a reasonable amount to manage	0	Should be equal to TEE	Check REE in 1-2 months to observe any REE changes and adjust calorie intake goal as needed
REE Low	Encourage exercise to increase REE**	0	Should not be lower than 1200	
REE High	Should be a reasonable amount to manage	0	Should be equal to TEE	
Gain weight	Exercise	Caloric Surplus (kcal/day)	Calorie Intake Goal (kcal/day)	Note
REE Normal	Should be a reasonable amount to manage	250 - 500	Should be greater than TEE	Check REE in 1 month to observe any REE changes and adjust calorie intake goal as needed
REE Low	Should be a reasonable amount to manage	250 to 750	Should not be lower than 1200	
REE High	Should be a reasonable amount to manage	250	Should be greater than TEE	

\* In all cases, we recommend tracking calories from food intake, either through calorie-counting or by providing an itemized meal plan to meet the daily calorie intake goal.

\*\* Lowering of REE can be the result of sustained or excessive negative energy balance. This means that energy expenditure is higher than the calorie intake. If higher expenditure is due to exercise, please make sure there is no risk of over-exercising/over-training when exercise recommendations are made.