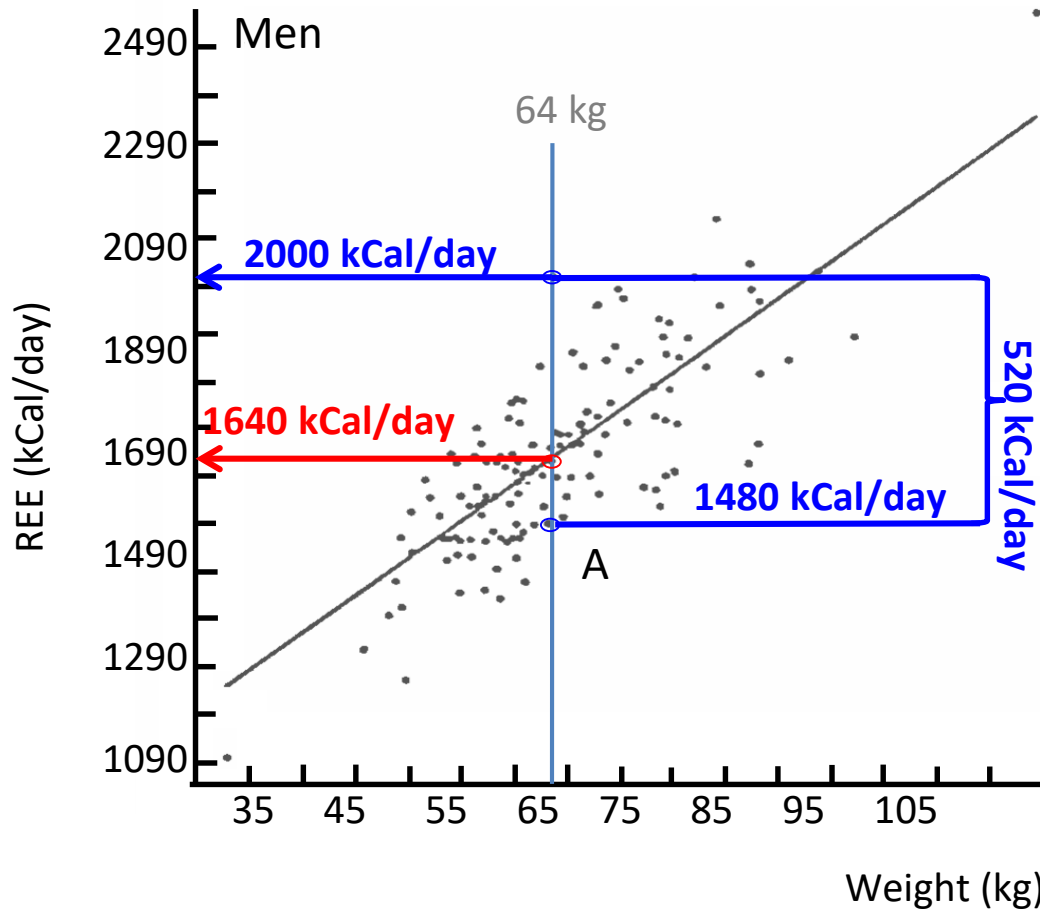


Case Study #5

Why we can not use equations to assess
Resting Metabolic Rate (RMR) or
Resting Energy Expenditure (REE)?

Why we can't use equations to calculate REE ?



Plot from [J. Arthur Harris and Francis G. Benedict](#), A Biometric Study of Human Basal Metabolism, Proc Natl Acad Sci U S A. 1918 December; 4(12): 370–373.

Criscione, L. & Durr-Gross, M. Eating healthy and dying obese. *Vitasanas GmbH*, <http://www.vitasanas.ch>, ISBN: 978-3-0033-02225-6 (2010).

- ✓ An actual REE value (from indirect calorimetry measurement) can differ from an estimated REE value (from the *Harris-Benedict* calculation).
- ✓ The results show that for people of same gender and weight (e.g. men and 63 kg) the difference in actual RMR values can be as high as 520 kCal/day.
- ✓ If, for instance, subject A's goal is to maintain weight, and the estimated REE (1640 kcal/day) is higher than the body's actual REE (1480 kcal/day), a calorie recommendation based on the REE estimate will lead to weight gain.
- ✓ **Therefore, accurately measuring REE is crucial in establishing an effective weight management plan.**

How we can educate with an example?

Imagine you have 2 clients...

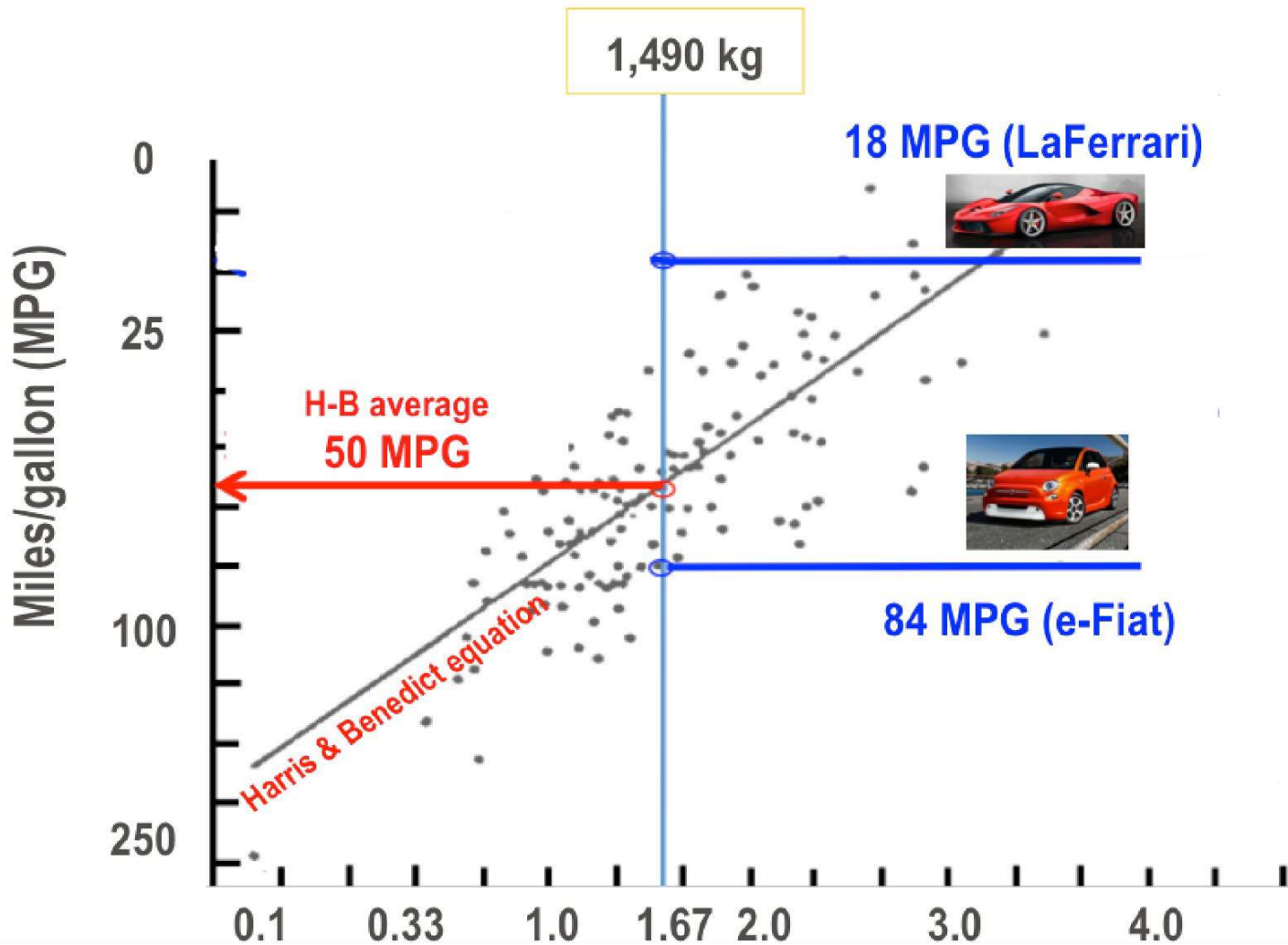
Client one: LaFerrari, 2 years old, 1,490 kg



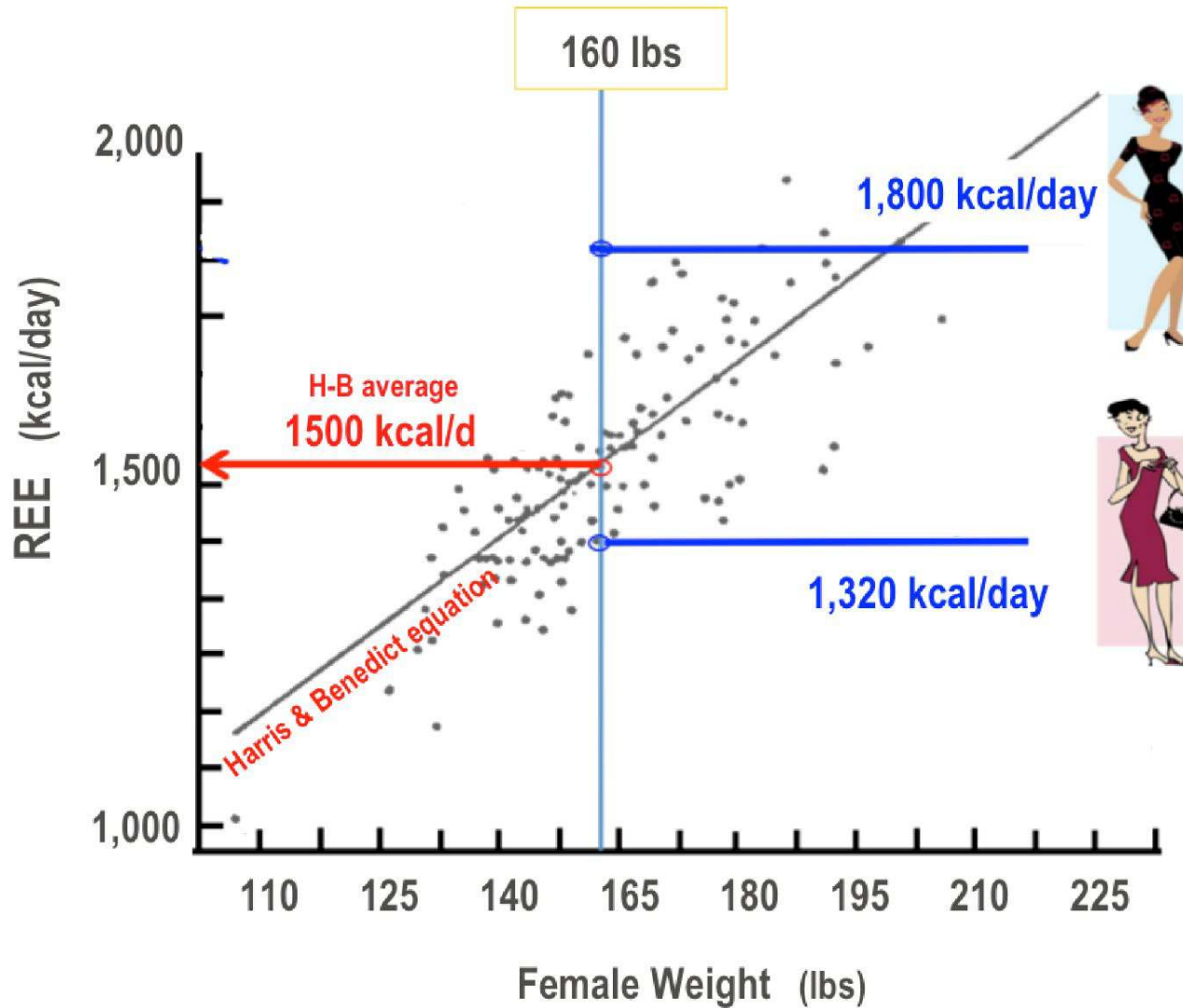
...and Client two: e-Fiat 500, 2 years old, 1,420 kg



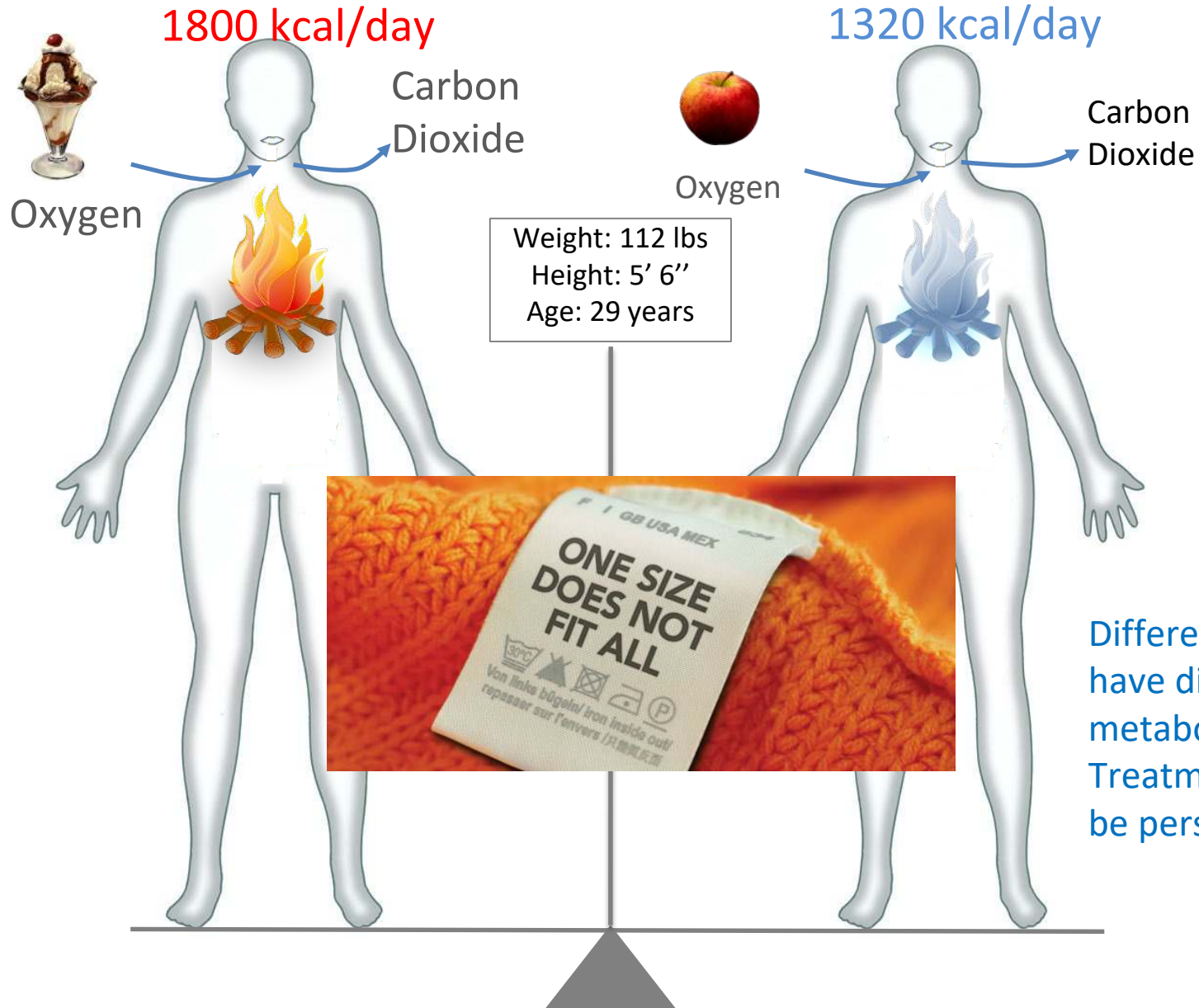
How we can educate with an example? (cont.)



How we can educate with an example? (cont.)



Why we must measure REE?



How we can educate with an example?

[Video](#)

Thank YOU !

Questions to:

info@brezing.com