

**1624 Calories/Day Required to
Maintain Vital Body Functions**

Resting Energy Expenditure* (REE)
*REE is the caloric burn rate required to maintain
vital body functions when at rest.*

Degenerative Arthritis

Less weight can mean less pain

Excessive pressure on knee joints can cause more than wear, tear, and pain. Those extra pounds encourage cellular activity that will destroy joint cartilage. However, weight loss can slow cartilage loss by reducing the concentration of cytokines released by the adipose tissue. While arthritic destruction is permanent, the associated pain will generally diminish with less body weight.



Arthritic knee, showing cartilage loss due to cytokines released by fatty deposits.

Sleep Apnea

Much more than a rough night's sleep

Sleep apnea refers to many episodes of suspended breathing lasting ten seconds during sleep. During these episodes, blood-oxygen levels can drop dangerously low resulting in irregular heartbeats. Almost 100% of those diagnosed with sleep apnea are markedly overweight. The good news is with a reduction in body weight this sleeping disorder can substantially improve or disappear all together.

Type II Diabetes

Prevent it or treat it

Type II diabetes symptoms can go unnoticed until the disease has progressed to debilitating levels. A few common symptoms of Type II diabetes include chronic fatigue, weight gain, slow-healing sores, or frequent urination. One of the larger risk factors is obesity. The sooner Type II diabetes is diagnosed, the better your treatment options.

*Daily Caloric Burn Rates

The greater your caloric expenditure compared to your intake the faster weight loss occurs. Your caloric burn rates listed are determined by adding the REE calories to various levels of physical activity. For your own calculations, remember 3500 calories make one pound of fat!

Very Light	1786 Calories/Day
Light	1948 Calories/Day
Moderate	2111 Calories/Day
Heavy	2436 Calories/Day
Very Heavy	2760 Calories/Day

