

DIETARY GUIDELINE 2: MAINTAIN HEALTHY WEIGHT

Station 2C: Jogger Jamie

JOGGER JAMIE

Jamie's biggest goal in life is to be an Olympic runner. Jamie has visions of being the world's fastest runner, with trophies lining every wall of the house, and perhaps someday having a brand of running shoes named "Jamie's Joggers." So every morning about 5:00 a.m. Jamie walks fast for about one hour (300 calories), then returns home for breakfast. A typical breakfast consists of a glass of orange juice (89 calories), 1 ounce of peanut butter (94 calories), 1 slice of buttered toast (100 calories), and 1 cup of yogurt (142 calories).

Jamie always enjoys the early morning news and relaxes for 1/2 hour watching television (45 calories) and eating breakfast. Right around 7:30 a.m. Jamie gets ready for school. Jamie likes to walk slowly to school observing all the sights around the neighborhood, so the walk generally takes about 1/2 hour (65 calories). Sometimes sitting in school for two hours (180 calories) gets to be too long for Jamie, so when gym class comes around it feels good to release some energy. Generally gym class is 1 hour of strenuous exercise (400 calories) which might include tennis, running or competitive swimming. When lunch time comes around Jamie grabs 1 can of pop (144 calories), a bag of potato chips (114 calories) and a sweet roll (317 calories). There isn't time for school lunch because Jamie needs to get outside for another 1/2 hour of running (100 calories) around the school's track before returning for two more hours of classes (180 calories).

After school, Jamie makes a point of running two hours straight (400 calories) and then coming home to a big supper. Tonight's meal consists of a hamburger (245 calories), bun (146 calories), 1/2 cup of green beans (43 calories), and 1 cup of ice cream (257 calories). After eating, Jamie likes to sit and watch television for 1/2 hour (45 calories) and then go swimming for one hour (400 calories).

Soon it's time to do some homework, which generally takes about 1 hour (90 calories). One of Jamie's favorite things to do while studying is to eat. It seems to make things go more smoothly. Jamie consumes caramel popcorn (596 calories), chocolate candy bars (990 calories) and pop (144 calories). Reading is tiring, so Jamie goes to bed early for the much-needed 8 hours of sleep (720 calories).



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Name _____

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JOGGER JAMIE CALCULATIONS

As you read through the story of Jogger Jamie use the column marked "Activities" to record the number of calories burned through each of Jamie's activities. Record the number of calories from each food that Jamie has eaten in the second column entitled "Food Eaten." When you have completed the story, total the number of calories in each column and answer the questions which follow.

ACTIVITIES	FOOD EATEN

Calories used: _____

Calories eaten: _____

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YOU AND YOUR CALORIES

How many calories do **YOU** need each day? The energy foods you eat give you the calories you need each day to be the healthiest and best functioning **YOU** that you can be! You have just finished calculating Jogger Jamie's Basal Metabolism and added calories from Jamie's daily activities. Now you will calculate **YOUR** calorie needs.

1. Calculate your basal metabolism (the minimum of calories that you need to stay alive at rest). First, convert your weight from pounds to kilograms:

Your weight in pounds: _____ \div 2.2 = _____ your weight in kilograms.

Next, multiply your body weight in kilograms by 24 if you are a boy. If you are a girl, multiply by 22.

$$\frac{\text{your weight in kilograms}}{\text{your weight in kilograms}} \times \frac{\text{22 or 24}}{\text{22 or 24}} = \frac{\text{Basal metabolism}}{\text{Basal metabolism}} \text{ calories}$$



2. Of course, most of us do more than just survive. To find the number of extra calories you need for other activities, use the following table to identify your typical activity level.

KIND OF ACTIVITIES NORMALLY DONE

Very Light	Light	Moderate	Strenuous
Mostly sitting talking studying standing	walking typing quiet games some sitting	housework gardening walking fast	running outdoor games and sports
Multiply Basal Metabolism by .30 then add to Basal Metabolism	Multiply Basal Metabolism by .50 then add to Basal Metabolism	Multiply Basal Metabolism by .75 then add to Basal Metabolism	Multiply Basal Metabolism by 1.00 then add to Basal Metabolism

(Note: very light exercise increases your calorie use by approximately 30% of your Basal Metabolism; that's why you multiply your Basal Metabolism by .30 (the equivalent of 30%). Light exercise increases your calorie use by 50% of your Basal Metabolism, hence multiply by .50 and so forth.)

3. Calculate your Extra Calorie needs

$$\frac{\text{Basal Metabolism}}{\text{from \#1 above}} \times \frac{\text{(.30 or .50 or .75 or 1.00)}}{\text{(see chart above)}} = \frac{\text{(extra calories needed)}}{\text{}}$$

4. Now, calculate your **TOTAL CALORIE NEEDS FOR A DAY.**

$$\frac{\text{Basal Metabolism}}{\text{from \#1 above}} + \frac{\text{Extra Calories for Activity}}{\text{from \#3 above}} = \frac{\text{Your calorie needs/day}}{\text{}}$$

Your teacher may wish to use a computer program with which you could calculate the number of calories that you actually eat during one day to determine if you are getting the right number of calories, too many, or too few to Maintain Healthy Weight.)