



# BASIC LIFESTYLE GUIDELINES

1

## SLEEP 8-10 HOURS

Helps regulate hormones, improves mental health, and helps with recovery from training. Plus, you're likely to eat less.

2

## EAT WITH INTENT

Base what you eat off of what you want to happen. Food can be good for you or bad for you. Be smart.

3

## DRINK WATER

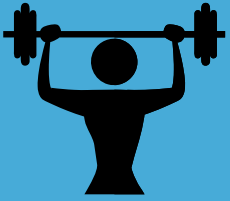
0.5 oz - 1 oz/lb of bodyweight. Want to feel more full and improve recovery? Be on the upper end.

4

## MOVE OFTEN

When stuck at home, try to incorporate walking, standing, or stretching into daily habits.

**TRAIN**  
**KLEINHENZ**



# WHAT IS YOUR TOTAL DAILY ENERGY EXPENDITURE? (%)

**70**

## **BASAL METABOLIC RATE (BMR)**

Number of calories required to keep your body alive and functioning while at rest.

**15**

## **NON-EXERCISE ACTIVITY THERMOGENESIS**

The calories from daily activity that is NOT exercise (eg: standing, walking, talking, working).

**10**

## **THERMIC EFFECT OF FOOD**

The calorie expenditure associated with eating and the chemical processes required to digest food.

**5**

## **EXERCISE ACTIVITY THERMOGENESIS**

The calories associated with planned exercise like going to the gym or going on a run.

**TRAIN**  
**KLEINHENZ**