



RUBENSTEIN PUBLIC RELATIONS, INC.

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THE PARK AVENUE DIET



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## How to Lose 10 Pounds of Weight



### Overview

Through a combination of diet and exercise, it's possible to lose 10 pounds in about 10 weeks, says Dr. Stuart Fischer, founder of the Park Avenue Diet center in Manhattan. "Since 3,500 calories equals one pound, an individual should create a deficit of approximately 500 calories per day in order to lose one pound per week," says Fischer. Try this plan to help you create a 500-calorie deficit per day and lose 10 pounds.

### Step 1

Calculate your basal metabolic rate (BMR). If you're a woman, use this equation:  $655 + (4.35 \times \text{your weight in pounds}) + (4.7 \times \text{your height in inches}) - (4.7 \times \text{your age in years}) = \text{BMR}$ . If you're a man, use this equation:  $66 + (6.23 \times \text{your weight in pounds}) + (12.7 \times \text{your height in inches}) - (6.8 \times \text{your age in years}) = \text{BMR}$

### Step 2

Determine your level of daily activity:

Sedentary: Little to no daily exercise

Lightly active: Light exercise or sports one to three days per week

Moderately active: Moderate exercise or sports three to five days per week

Very active: Hard exercise or sports six to seven days per week

Extra active: Very hard exercise or sports plus a physically demanding job or twice-daily physical training

### Step 3

Use your daily activity level and BMR to calculate your daily calorie needs with one of the following equations:

Sedentary:  $\text{BMR} \times 1.2 = \text{daily calorie needs}$



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Lightly active:  $BMR \times 1.375 =$  daily calorie needs

Moderately active:  $BMR \times 1.55 =$  daily calorie needs

Very active:  $BMR \times 1.725 =$  daily calorie needs

Extra active:  $BMR \times 1.9 =$  daily calorie needs

#### **Step 4**

Subtract 500 from the number of calories per day you need to maintain your weight. For example, if you need 2,247 calories to maintain your weight, you'll need to reach 1,747 calories per day for 10 weeks through a combination of diet and exercise to lose 10 pounds.

#### **Step 5**

Track the number of calories you eat and burn through exercise every day using a food log. Engaging in activities such as running, biking and swimming are efficient, easy ways to burn calories. Calorie amounts for many foods are available on the U.S. Department of Agriculture's Nutrient Data Laboratory.