ONLY 8 WEEKS Until Spring Break!

Avoid the “Bikini Binge” & the “Cut-up Cram”

Escape the negative consequences of over exercising and unhealthy eating choices.

Get fit the right way!

**Exercise Tip of the Week**

**Fat Burning Myth:** To burn fat you must do low rather than high intensity workouts. This is not true! What really matters is how many calories you are burning during your workout, not what your body is burning during the activity. Whether or not you choose low intensity, long duration activities or shorter duration, high intensity activities should be based on your fitness level, medical history, and personal preference. To help you decide consider talking to a personal trainer or another qualified fitness professional.

**Diet Tip of the Week**

**How many calories do you need each day?** Calorie intake should be at least at the level of your resting energy expenditure. To calculate your Basal Metabolic Rate (BMR): Weight (lbs) x 10. To calculate the number of calories needed to maintain current weight: BMR + ½ BMR (males) or ⅓ BMR (females). To lose weight add exercise calories and reduce total intake by no more than 500 calories.

For more information and tips on diet and exercise go to:
campusrecreation.binghamton.edu