

The Value of Calorie Expenditure Reports

Nutrition and fitness professionals often provide "exercise prescriptions" for their clients. Nutrition software is designed to help streamline and simplify this process.

One way to provide a client with an "exercise prescription" is to tell them specifically what activities they should perform. You might tell them to walk on the treadmill for 45 minutes a day, five days a week. While this might be adequate for burning calories, it may prove inadequate for some clients. To provide greater variety, many professionals will prescribe several different activities, often going to the effort of scheduling these activities for their clients by the day of the week.

NutriBase offers a different approach to exercise prescriptions. NutriBase recommends that the exercise prescription take the form of the number of calories per day that the client should burn with activities (like exercise). A click of a button will generate a NutriBase "Calorie Expenditures Report" for that client. This report prints the client's name at the top of the page, indicates the current body weight for that client, then shows the client how many calories that she - *personally*, based on her current body weight - will burn in performing any of 90 activities for 30 minutes.

This gives your client many opportunities for getting the proper amount of exercise. It simplifies the exercise prescription and gives the client a wide variety of activities to select from. This saves the nutrition professional the time and effort of hand picking exercises and durations for each day of the week for the client. And finally, many clients like having the freedom to select the activities they wish to engage in.

The Calorie Expenditure Report is very popular with health clubs and weight loss centers. It can be used as an additional incentive for joining the club... you offer the standard guided tour, the customized Initial Assessment Report, and the personalized Calorie Expenditure Report.

To help a client lose 2 pounds a week, you can trim 500 calories from their diet and give them an exercise prescription of 500 calories of exercise per day. This amounts to a 7,000 calorie deficit or a two-pound weight loss per week.

You can generate a quick expenditure report by simply clicking the Exercise Button on the Client information Window. To generate the standard Calorie Expenditure Report, click the Fitness Icon, click the Report Button, then select the Calorie Expenditure Report option.

With NutriBase Clinical and higher editions, you have the batch processing option that allows you to generate dozens or even hundreds of Calorie Expenditure Reports in one pass. You can also save these reports in text format, word processor format, or as a web page.