

## Do you know your Individual Calorie Level?

Most of us know that if you eat too many calories, your body will store the extra energy in your fat cells and you will gain weight. But, did you know that too *little* calories could also cause you to gain weight? As a Dietitian, I see this all the time.

Most people who try to lose weight will cut their calories. Be warned; if you take in less calories than you need (to maintain essential functions like breathing and digestion) your body's natural response will be to conserve this energy by slowing your metabolism. The result: Too little calories = weight gain (*not* weight loss)!

Dieting, or taking in too little calories, begins what is known as 'yo-yo dieting' and a lifetime of struggling with your weight. So, whether your goal is to lose, maintain, or gain weight, knowing your Individual Calorie Level critical to your success!

---

## Have your Individual Calorie Level determined by a Registered Dietitian for FREE!

Simply email the following information to [dani@danihealth.com](mailto:dani@danihealth.com) with the subject line 'What is my Individual Calorie Level?'

Age:

Gender:

Height:

Current Weight:

Desired Weight:

Activity Level: What and how much physical activity you do each week

Metabolism & Diet History: Do you have a fast, normal, or slow metabolism? Have you dieted in the past?

Do you know how many calories you eat (on average) each day? Yes (how many) OR 'No Idea'.

---

## What's New?

### Nutrition Lunch & Learn Seminars

If your workplace would like a FREE Nutrition Lunch & Learn Seminar, contact us for more information: [info@danihealth.com](mailto:info@danihealth.com)

### Dani's Recipes: Simple, Tasty & Healthy!

I've started posting one new recipe on the 15<sup>th</sup> of each month on our website [www.danihealth.com](http://www.danihealth.com). Check it out!

### Twitter

Dani Health & Nutrition Services is up on Twitter: [www.twitter.com/danihealth](http://www.twitter.com/danihealth)

