Know Details on how many calories do you burn doing nothing

The human body is a complex machine that constantly burns calories to perform even the simplest of tasks. Even when we are doing nothing, our bodies are still burning calories to maintain vital functions such as breathing, circulation, and digestion. **How many calories do you burn doing nothing** is different. The number of calories burned while doing nothing is known as the resting metabolic rate (RMR).

The RMR or how many calories do you burn doing nothing varies from person to person and is affected by several factors such as age, gender, weight, height, and body composition. On average, the RMR for an adult male is around 1,800-2,000 calories per day, while for an adult female, it is around 1,600-1,800 calories per day. However, this is just an estimate, and the actual number can vary based on individual factors.

Factors affecting for how many calories do you burn doing nothing

Age: As we age, our RMR tends to decrease. This is because as we get older, we tend to lose muscle mass, which means that our bodies burn fewer calories at rest.

Gender: Men tend to have a higher RMR than women. This is because men generally have more muscle mass than women, and muscle burns more calories at rest than fat.

Weight: The more a person weighs, the higher their RMR. This is because it takes more energy to maintain a larger body.

Height: Taller people tend to have a higher RMR than shorter people. This is because they have a larger body surface area, which means that they lose more heat and therefore burn more calories.

Body Composition: A person's body composition, i.e., the ratio of muscle to fat, also affects their RMR. Muscle burns more calories at rest than fat, so people with more muscle mass tend to have a higher RMR than those with more fat.

How to Calculate Resting Metabolic Rate

Knowing how many calories do you burn doing nothing is not enough. You will also need to know how to calculate it. Several methods can be used to calculate a person's RMR. The most accurate method is to undergo a metabolic test in a lab, which measures the amount of oxygen consumed and carbon dioxide produced while a person is at rest. This test is known as indirect calorimetry and is considered the gold standard for measuring RMR.

However, there are also simpler methods that can be used to estimate RMR. One such method is the Harris-Benedict equation, which takes into account a person's age, gender, weight, and height to estimate their RMR.

Why is Resting Metabolic Rate Important?

Understanding a person's RMR is important for several reasons. Firstly, it can help them to understand how many calories they need to consume in order to maintain their current weight. If a person consumes more calories than their RMR, they will gain weight, while if they consume fewer calories, they will lose weight.

By knowing their RMR and amount of how many calories do you burn doing nothing, they can calculate how many calories they need to consume each day in order to achieve their weight loss goals.

Thirdly, knowing a person's RMR can help them to avoid starvation diets that can harm their health. If a person consumes fewer calories than their RMR, their body will go into starvation mode, which can cause them to lose muscle mass and lower their metabolism.

Conclusion

In conclusion, the number of calories burned while doing nothing varies from person to person and is affected by several factors such as age, gender, weight, height, and body composition.