

# COUNTING CALORIES?



**If you're trying to shrink your waistline by managing the number of calories you consume, try this tool.**

Visit [www.freedieting.com/tools/calorie\\_calculator.htm](http://www.freedieting.com/tools/calorie_calculator.htm) and enter your height, weight, gender, age and weekly activity level. Then, the calorie counter will provide you with the following information:

- Recommendation of the daily caloric intake that you should have to maintain, lose or gain weight.
- If you want to lose weight, simply enter your desired weight into the equation and the counter will tell you how many calories to consume daily to reach your goal weight.
- Click on the "More Calculators" button to access other related calculators.

Contact Notre Dame of Maryland University for more weight management tools and assistance.