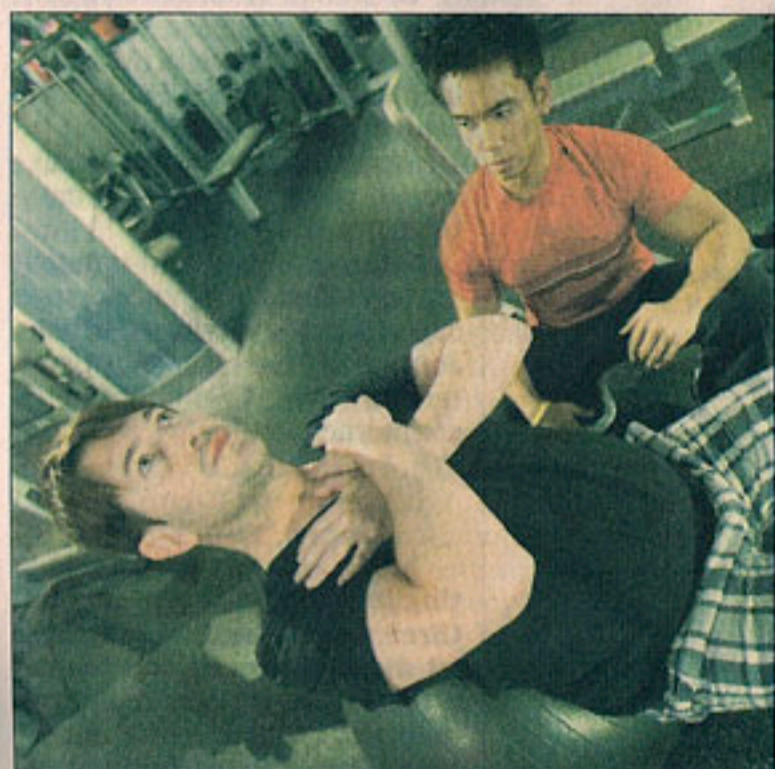


HEALTH

MONDAY, MAY 11, 2009 • LATIMES.COM/HEALTH



RINGO H.W. CHIU For The Times

BETWEEN MEALS: Shay Watson, left, works out twice a week with trainer Mike Donovanik.

Event planner gets lost in the work crunch

Shay Watson

Age: 33
Occupation: Event planner
Height and weight: 6 feet, 220 pounds
Desired weight: 180 pounds
Activity level: Moderate
Eating pattern: High-calorie restaurant meals with occasional fast-food forays, tries to eat healthfully at home
Exercise routine: Hour-long workouts with a trainer twice a week, plus occasional beach walks

A recent day

6:30 a.m.: Has a pre-workout protein bar (140 calories).
7 a.m.: Arrives at the Sofitel LA Gym in Los Angeles to work out with trainer Mike Donovanik. The hour-long weight training workout consists of super sets and brief incline walks on the treadmill, all done at a moderate to vigorous pace (burning about 350 calories). Eats two apples during the workout (110 calories). Donovanik asks Watson if he's been keeping a food diary. "No, but it's in my head," he says.
9 a.m.: Breakfast at the Crescent hotel in Beverly Hills is a breakfast egg bruschetta, with two eggs cooked in olive oil topped with *burrata* cheese and tomatoes, served on a baguette, along with salad and vinaigrette, plus an unsweetened iced tea. "I'm not eating the bread because I know I have a lunch meeting today," he says, and he also forgoes the salad (500 calories consumed).
10 a.m. to noon: Various meetings.
Noon to 2 p.m.: Lunch meeting at the Hotel Bel-Air. Skips the bread again and has a lobster Cobb salad with low-fat Thousand Island dressing and unsweetened iced tea (830 calories).
3 to 4:30 p.m.: Meeting at a private Westside club. Has 8 ounces of lemonade (108 calories).
5:30 p.m.: Open house at a luxury downtown high-rise. Skips the fruit and cheese platter but drinks about 4 ounces of white wine (100 calories).
6:30 to 9 p.m.: Dinner at Church & State in downtown

[See Watson, Page E4]

more
calories
(than expected)
+
less
exercise
(than planned)
=
trouble

JEANNINE STEIN

Losing weight is nothing but a numbers game. If the number of calories burned is greater than the number of calories consumed — bingo! Weight loss.

So why isn't everyone thin?

Many people have no idea how many calories they should eat — or expend — to lose weight. It can be hard to accept that a half-day's allotment of calories can be blown with one Starbucks blueberry muffin and a handful of M&Ms pulled from the office candy jar. Or that 30 minutes of any sort of movement doesn't come close to an extended, heart-pumping workout.

The average 120-pound woman should eat only about 1,300 to 1,800 calories a day, depending on her age, height and activity level. The average 170-pound man, about 1,870 to 2,550 calories.

(Hint: If you have a desk job, rarely get your pulse rate up for extended periods or are anywhere near middle age, shoot for the low end of that range.)

Further, those calories-burned numbers on cardio machines are not one-size-fits-all; nor are they always accurate.

Southern California residents Anne Bogart and Shay Watson know they don't

[See Numbers, Page E4]



AL SEIB Los Angeles Times

REFRIGERATOR AS MAGNET: Anne Bogart dips into a bag of shredded cheese to tide her over.

Snacking can sneak up and derail goals

Anne Bogart

Age: 48
Occupation: Freelance director, producer and writer
Height and weight: 5 feet, 5 inches, 160 pounds
Desired weight: 130 pounds
Activity level: Fairly sedentary
Eating pattern: Snacking throughout the day
Exercise routine: Sporadic, low-intensity gym workouts

A recent day

6 a.m.: Makes coffee, feeds her two dachshunds.
6:30 a.m.: Wakes daughter Eleanor, then prepares her lunch, cutting the crusts off of a peanut butter sandwich and eating them (115 calories). Pours her daughter a bowl of cereal and eats two handfuls (110 calories). Drinks a cup of black coffee. "In my mind, I haven't had anything to eat," Bogart says.
7 a.m.: Allows Eleanor to choose two pieces of leftover Halloween and Easter candy (a miniature Snickers bar and SweetTarts) to put in her lunch bag.
8 a.m.: Arrives at Westside YMCA. Does five minutes of weight machines with light resistance and 30 minutes on the elliptical trainer at level two (burning about 240 calories for her weight; the machine showed 262 calories, but some machines skew about 10% high). Bogart is sweating but doesn't feel that the workout is taxing.
9:25 a.m.: Arrives home. Heats up black coffee in the microwave, grabs a yogurt (150 calories) and eats it while working in her home office.
10:30 a.m.: Opens the refrigerator and gazes for several minutes. "This is when I go into a trance," she says, searching for something to eat. "String cheese wouldn't be bad, but this is the last piece and Eleanor needs it for her lunch. So I'll have some of this." Takes two handfuls of shredded cheese (200 calories). "If there were leftovers in here, like pizza, I'd probably eat that." The food seems more like a work distraction than a way to satisfy hunger.
11:15 a.m.: Back in the kitchen, she takes a handful of wasabi peas (80 calories) and a small handful of shaved Parmesan cheese (85 calories) and goes back to work.

[See Bogart, Page E4]