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the mifflin st jeor calculator or equation calculates your basal metabolic rate bmr and its results are based on an estimated average basal metabolic rate is the amount of energy expended per day at rest how many calories you would burn on bed rest use this activity mifflin st jeor calculator to estimate your bmr and daily caloric burn or total daily energy formula tee female 10w 6 25h 5a 161 sf mifflin st jeor energy equation male age a yrs weight w lbs height h in stress factor sf 12 hours ago mifflin county battled to a hard fought 39 33 divisional victory against state college thursday hunter johnson 120 kamden everly 126 parker kearns 160 avery aurand 189 and trutt mifflin definition american politician and revolutionary general president of the continental congress 1783 84 governor of pennsylvania 1790 99 see more dictionary com jan 3 2023 this time we will try to calculate bmr for a woman we are going to use a slightly different formula mifflin and st jeor bmr equation for women bmr kcal day 10 weight kg 6 25 height cm 5 age y 161 kcal day as you may have already noticed the only difference between these two formulas is the last part we add 5 kcal per day for every man definitions for mifflin mif flin here are all the possible meanings and translations of the word mifflin did you actually mean mouflon or moufflon how to pronounce mifflin david us english zira us english how to say mifflin in sign language numerology chaldean numerology the numerical value of mifflin in chaldean numerology is 3 thomas mifflin january 10 1744 january 20 1800 was an american merchant soldier and politician from pennsylvania who is regarded as a founding father of the united states for his roles during and after the american revolution mifflin was the first governor of pennsylvania serving from 1790 to 1799 1 and was also the state s last president succeeding benjamin mifflin st jeor calculator sex weight height age years bmr activity mulitplier the form is being submitted form submit the form is being submitted close save until online you are currently offline and the submit failed do you want to save the submit and send it mifflin community wisconsin an unincorporated community mifflin township disambiguation other uses dunder mifflin a fictional northeastern american paper company mifflin surname mifflin street block party a large block party held annually in madison wisconsin a historical reference to the publishers houghton mifflin harcourt the mifflin st jeor equation is a widely used tool to determine the resting metabolic rate rmr which is defined as the number of calories burned while the body is in complete rest rmr is also

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