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10w 6 25h 5a 161 sf mifflin st jeor energy equation male
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Dec 28 2022 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
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ashland county ohio united states the population was 137
at the 2010 census contents 1 history 2 geography 3
demographics 3 1 2010 census 3 2 2000 census 4
notable people 5 references history edit mifflin was*

originally called petersburg and under the latter name was laid out in 1816 4

mifflin st jeor equation medscape Jul 23 2022 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

mifflin pennsylvania wikipedia May 21 2022 mifflin is a borough in juniata county pennsylvania united states the population was 534 at the 2020 census 4 history edit 1895 bird s eye view of mifflin then known as patterson mifflin was founded as the town of patterson

thomas mifflin wikipedia Sep 25 2022 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 franklin in 1788

bmr calculator basal metabolic rate calculator Aug 24 2022 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 and subtract 161 kcal per day for every woman

mifflin wikipedia Jun 22 2022 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

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mifflin pa map directions mapquest Mar 19 2022 mifflin is a borough in juniata county pennsylvania united states the population was 627 at the 2000 census mifflin was founded as the town of patterson at one time mifflin as well as the small community of denholm lying directly north of the town was an important stop along the pennsylvania railroad

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