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Metabolic Calculations Simplified

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~~Basal Metabolic Rate (BMR) Calculator | ACTIVE~~

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page 1 metabolic calculations simplified by michael crichton at last heres a simplified version of the acsm metabolic equations and an easier way to solve them drs swain and leutholtz provide straightforward formulas for figuring the caloric expenditure or oxygen consumption during walking running stationary cycling and bench stepping this

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Basal metabolic rate (BMR) is the amount of energy expended while at rest. Use this calculator to find out your BMR and determine your caloric needs. *Basal Metabolic Rate is calculated by the Harris-Benedict equation (created in 1919, but still applicable today). WHAT IS BASAL METABOLIC RATE (BMR)?

~~Calculate Your Basal Metabolic Rate~~

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Purpose of Calculations Under steady-state conditions, volume of oxygen ($\dot{V}O_2$) provides a measure of the energy cost of exercise The rate of oxygen (O_2) uptake during maximal exercise indicates the capacity for O_2 transport and utilization Serves as the criterion of cardiorespiratory fitness Provides general info about the fuels being utilized for exercise (RER)

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~~ACSM Metabolic Calculations~~

The Basal Metabolic Rate (BMR) Calculator estimates your basal metabolic rate—the amount of energy expended while at rest in a neutrally temperate environment, and in a post-absorptive state (meaning that the digestive system is inactive, which requires about 12 hours of fasting). US Units. Metric Units. Other Units.

~~BMR Calculator~~

The Harris-Benedict equation (also called the Harris-Benedict principle) is a method used to estimate an individual's basal metabolic rate (BMR).. The estimated BMR value may be multiplied by a number that corresponds to the individual's activity level; the resulting number is the approximate daily kilocalorie intake to maintain current body weight. ...

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