

diet & fitness JOURNAL

your personal guide to optimum health

Here are things to note:

- Watch the serving size!
- 5% is low and 20% is high for all nutrients.
- 40 calories is low, 100 is moderate, and 400 is high.
- Keep saturated fats, sodium, and sugar LOW.
- Keep protein and fiber HIGH.
- Keep in mind Nutrition Facts are based on a 2,000 calorie/day diet—adjust accordingly.

basal metabolic rate

Welcome to your Basal Metabolic Rate! Your BMR indicates the calories your body needs per day to survive without moving. If you're awake and sitting, but not exercising, multiply that number by 1.2—the result is the amount of calories you need to maintain weight. To lose weight, you'll need to cut calories and increase exercise in order to maintain muscle mass. If you don't ingest enough calories for the day, you'll do more harm than good. In general, if you're trying to lose weight, aim for a loss of 1 to 2 pounds a week, no more.

Here's the formula:

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Diet Fitness Journal Personal Airplane

**Weight Loss Weight Loss Journal, Diet
and Diet and Exercise Diary**

Diet Fitness Journal Personal Airplane:

Diet & Fitness Journal Claudine Gandolfi, 2009-03 Those who keep a food diary lose twice as much weight as those who don't This ultimate diet and fitness journal helps retrain your brain and body to achieve your goals and a whole new level of vibrant good health Includes the following Daily pages to record food and beverages consumed exercise vitamins and supplements and mood Weekly pages to keep track of progress and renew goals with motivational tips Personal training pointers and charts for creating nutritional metabolic and fitness targets Nutrition references for common foods Adaptable for different programs **Fitness Journal** Weight Loss Weight Loss Journal, Diet and Diet and Exercise Diary, 2017-11-29 DIET AND EXERCISE JOURNAL DIET AND WEIGHT LOSS PLANNER This Diet Journal is the best solution for you to organize and plan daily diet food The personal pocket size 6 x 9 inches is portable and easy to carry Space to fill in total 90 Days Challenge SPECIALS BMI BMI Checking Chart Inside Compare your weight before plan your 90 Day Goals Water Drinking Tracker Fitness Tracker SPECIFICATIONS Type Diet Journal and Food Diary Cover Matte Paperback Dimensions 6 x 9 inches Pages 104 pages STOP DREAMING START DOING We create design the simply perfect Diet and Fitness journal with the pocket size that can make your life in everyday easier Please follow us for more design in diet food plan weight loss cookbook wellness journal The Practical Guide to Weight Management, 2nd Edition Understanding the Role of Diet, Nutrition, Exercise and Lifestyle, 2006 **Diet and Fitness Journal** Ciparum LLC, 2015-12-18 **Leadership Education and Training (LET) 4**, 2001 *New York Medical Journal, and Philadelphia Medical Journal*, 1921 **Flat Belly Diet!** Liz Vaccariello, Cynthia Sass, 2009-12-22 Join the million plus people who have found the answer to losing their belly fat while eating satisfying and delicious foods With the Flat Belly Diet you can Lose inches in just 4 days Drop up to 15 pounds in 32 days Boost your energy as the weight falls off Prevention America's most trusted healthy living magazine presents the New York Times bestseller Flat Belly Diet in paperback now with a new foreword by Dr David L Katz describing new research about the many health and weight loss benefits of this amazing eating plan Enjoy delicious dishes such as Seared Wild Salmon with Mango Salsa Slow Cooker Chili and Pumpkin Maple Cheesecake and you will lose belly inches and greatly enhance your likelihood of living a longer and healthier life Successful Career Development for the Fitness Professional, 2006 **Yoga Journal**, 1998-06 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty The Genesis Diet Joseph Vetere, 2012-01-03 Lose a pound of body fat every three days Wow that sounds great but can it really be possible The answer is YES Not only is it possible but some of the patients Dr Vetere has treated in more than twenty five years of full time practice have actually lost more and they lost it even faster The concept that Dr Vetere has taught to thousands of patients is

based on a group of factors that coincide with the habits that govern your overall wellness. The loss of body fat pounds or the drop in body fat percentage are markers that are used to track wellness progress and direct fitness habits. Ideal body fat percentage is achieved primarily through correct eating habits including appropriate nutrition and a proper balance of aerobic strength power and endurance exercises. Dr. Vetere also highlights the need to drink plenty of water, get adequate rest, eliminate stress, and keep your nervous system functioning properly. The goal of this book is to get you to your ideal body fat by means of improving your overall wellness by implementing principles that are scientifically sound and align with the timeless biblical covenants that govern health. The purpose though will not be for personal vanity but to give glory to God, your Creator. The final chapter of the book is a forty-nine day journal to track your progress as you take Dr. Vetere's seven-week weight loss challenge.

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