

# Houghton Mifflin English Level 5

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calculate your daily caloric burn or total daily energy expenditure using the mifflin st jeor equation our activity quiz and calculator

calculate tdee bmr using the mifflin st jeor calculator plus learn how to use the mifflin st jeor equation

use the bmr calculator to determine how many calories you should consume while resting all day and learn how much energy you burn while you rest

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

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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

formula tee male 10w 6 25h 5a 5 sf

developed by mifflin and st jeor in 1990 this equation calculates your bmr based on weight height age and gender it provides a more accurate estimate compared to earlier formulas and serves as a

mifflin county central pennsylvania u s consisting of a mountainous region in the appalachian ridge and valley physiographic province the county is drained by the juniata river and by kishacoquillas

from 1782 to 1784 mifflin was a member of the second continental congress serving as its president from december 1783 to the following june mifflin was then chosen to take part in the constitutional

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