

[IMAGE] Calorie Burning Calculator [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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[IMAGE]

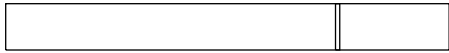
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

[IMAGE]

## Calorie Burning Calculator

In This Issue:

- [Pain Pills Don't Go Away After Back Surgery](#)
- [Poor Sleep = Migraines](#)
- [Sitting Time and BP](#)
- [The Power of Awe](#)
- [Prevent Childhood Cancer](#)
- [The Sleepless Night Diet](#)

Use the Calorie Burning Calculator to calculate your basal metabolic rate (BMR), which is the number of calories you burn on a daily basis. Note that this equation only gives a rough estimate. Depending on your activity level, you may require more or less calories.

Sex: ☐ Female  
☐ Male

[Previous Issues](#)

Age:  years

Weight:  lbs

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- [Food Additives](#)
- [Drugged Into Dementia?](#)
- [3 Reasons to Eat Less Sugar](#)
- [Fall Prevention Can Be Fun](#)
- [30 Minutes a Day May Keep Strokes Away](#)

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The results of your calculation will display here.

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[www.My-Health-And-Fitness.org](http://www.My-Health-And-Fitness.org)

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[http://www.toyourhealth.com/health\\_tools/calorieburncalc/?no\\_b=true](http://www.toyourhealth.com/health_tools/calorieburncalc/?no_b=true)

Other Health Sites

[Chiroweb.com](http://Chiroweb.com)

[Dynamicchiropractic.com](http://Dynamicchiropractic.com)

[Chirofind.com](http://Chirofind.com)

[Acupuncturetoday.com](http://Acupuncturetoday.com)