

[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; }

[Contact Us](#) [Help](#)

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]

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[IMAGE]

[IMAGE]

In This Issue:

- [Older Men Need Chiropractic](#)
- [Great for Memory](#)
- [Try Evening Exercise](#)
- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
- [Your Best You](#)

## Calorie Burning Calculator

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

Did You Know?

- [Your Kids Need Omega-3s](#)
- [An Unhealthy Night at the Movies](#)
- [Death by Antidepressants](#)
- [Turn Fizz Into Fit](#)
- [5 Foods You Should Be Eating Every Day](#)

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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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Other Health Sites

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

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

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

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