

[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]

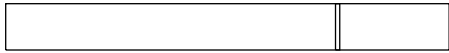
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

[IMAGE]

In This Issue:

- [Best for Spinal Pain](#)
- [Keep Your BMI Stable](#)
- [Chiropractic = Less Surgery](#)
- [Walk Faster, Age Slower](#)
- [The Power of Herbs & Spices](#)
- [Too Little Talking](#)

[Previous Issues](#)

[Did You Know?](#)

- [Aerobics for the Brain: Not Just for Seniors](#)
- [3 Steps to More Energy](#)
- [Beat the Blues \(Without Drugs\)](#)
- [Vitamin D Over Amoxicillin?](#)
- [Are You So Lonely You Could Die?](#)

## 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

**Age:**  years

**Weight:**  lbs

---

The results of your calculation will display here.

---

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

Page printed from:

[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)