

# Houghton Mifflin Test 37 Geometry Answers

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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

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

13 jul 2025 the mifflin st jeor equation serves as the gold standard in metabolic research studies contemporary research continues to use this equation as the reference standard for validating new

calculate your bmr and tdee using the mifflin st jeor equation the most accurate formula for general population get personalized calorie recommendations

this calculator estimates your basal metabolic rate bmr using the mifflin st jeor equation it provides the number of calories your body needs at rest based on your age gender weight and

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