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mifflin st jeor calculator sex weight height age years bmr activity multiplier the form is being submitted form submit the form is being submitted close save until online you are currently offline and the submit failed do you want to save the submit and send it mifflin county default departments click for news announcements 1 2 3 special announcement click on image for more information upcoming events covid 19 updates see our full county calendar quick links public meeting agenda 1 19 23 commissioner s public meeting zoom mcpc meeting agenda 1 26 23 salary board meeting 1 19 23 welcome to the mifflin county court of common pleas the court administrator s office is the administrative arm of the court and is responsible for all support functions necessary to maintain the efficient and effective operation of both the common pleas court and the minor judiciary responsibilities of this office include but are not limited to juror usage budget and fiscal 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 rmr is also mifflin is a borough in juniata county pennsylvania united states the population was 627 at the 2000 census mifflin was founded as the town of patterson at one time mifflin as well as the small community of denholm lying directly north of the town was an important stop along the pennsylvania railroad 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 during and after the american revolution mifflin was the first governor of pennsylvania serving from 1790 to 1799 1 and was also the state s last president succeeding benjamin county of mifflin 20 north wayne street lewistown pa 17044 phone 717 248 6733 fax 717 248 3695 hours 8 00am 4 00pm monday thru friday resources driving instructions site the mifflin st jeor calculator or equation calculates your basal metabolic rate bmr and its results are based on an estimated average basal metabolic rate is the amount of energy expended per day at rest how many calories you would burn on bed rest use this activity mifflin st jeor calculator to estimate your bmr and daily caloric burn or total daily energy formula tee female 10w 6 25h 5a 161 sf mifflin st jeor energy equation male age a yrs weight w lbs height h in stress factor sf jan 3 2023 this time we will try to calculate bmr for a woman we are going to use a slightly different formula mifflin and st jeor bmr equation for women bmr kcal day 10 weight kg 6 25 height cm 5 age y 161 kcal day as you may have already noticed the only difference between these two formulas is the last part we add 5 kcal per day for every man

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