IIFYM Announces Newly Developed Weight Loss Website With Macro Calculator

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IIFYM has announced that they have recently launched their newly developed website featuring custom developed macro calculators as a major feature. IIFYM, which stands for If It Fits Your Macros is the originator of IIFYM and has developed over a dozen calculators which include the macro calculator, TDEE calculator, BMR calculator, BMI calculator, RMR calculator, PCOS calculator, Keto calculator and others.

Anthony Collova, founder of IIFYM, says, ?We are really excited to be launching our newly developed weight loss website. A very important part of this new site is the weight loss calculators page. This site can help people better understand the IIFYM macro diet plan. This diet plan helps users lose weight by tracking macronutrients (protein, fat, and carbohydrates) without restricting food choices.

Macros are the only place calories come from so by hitting macros, users inherently hit weight loss calories. Our clients report the IIFYM is the easiest and most sustainable weight loss plan they have ever followed. Many tell us that they don?t even feel like they are dieting, due to a large number of calories we often give

them.?

Foremost of these weight loss calculators is the macro calculator. This is designed to provide the number of calories that a person must consume while following the IIFYM diet plan with the goal of fat loss. Weight loss comes from the burning of fat, which is why one must consume less calories than what the body needs. Using the energy expenditure of the body each day as basis, a calorie deficit of 15 to 20 percent is targeted to ensure fat loss without the body burning up lean muscle mass.

The TDEE calculator provides the total daily energy expenditure (TDEE) of a person based on the daily activities. It takes into account the kind of work done and the daily routine of the person, how long the person engages in strength training, how long the person works out for cardio and group fitness, and other data such as the kind of diet plan that the person has been using before.

The BMR calculator determines a person?s basal metabolic rate (BMR), which is the number of calories that the body of a person burns while at rest. This is the precise number of calories that a particular body will need to keep itself alive. Related to this is the RMR calculator, which determines the resting metabolic rate (RMR), which is very similar to the BMR but with a few differences that make RMR a useful tool for flexible dieting using IIFYM techniques.

The BMI calculator is the one that many people use when they are dieting. It is only provided in the IIFYM site to compare the BMR with the BMI and to show that the BMI does not offer a precise representation of how a person is doing. Thus, BMI weight loss is different from true weight loss.

The PCOS calculator is for women diagnosed with polycystic ovarian syndrome (PCOS). It takes into account their special needs. And the keto calculator provides the exact macro split of protein, carbohydrates and fat that people need in their ketogenic diet.

The IIFYM site also has a blog where they post articles that can help people go into flexible dieting using IIFYM techniques. One of these articles offers a guide to people who want to start with this diet plan. Some of the things that people need to do before they start with flexible dieting, include buying a digital food scale, using the IIFYM calculator to determine their precise fat loss macros based on their specific body and energy levels, weighing everything they eat for the first 3 months, tracking everything that they eat, and ensuring that their micronutrient requirements are met first.

IIFYM was founded by Anthony Collova to encourage people to follow a diet and nutrition plan that is both easy to understand and implement. Those who need more information about the diet plan and how to start IIFYM can visit the IIFYM website or call them by phone or contact them via email.
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IIFYM

IIFYM is the originator and founder of https://www.iifym.com which provides its members with valuable plans where they can monitor and calculate your macros, with their one-of-a-kind keto, tdee, bmr, bmi, pcos, as part of an easy and sustainable diet plan

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