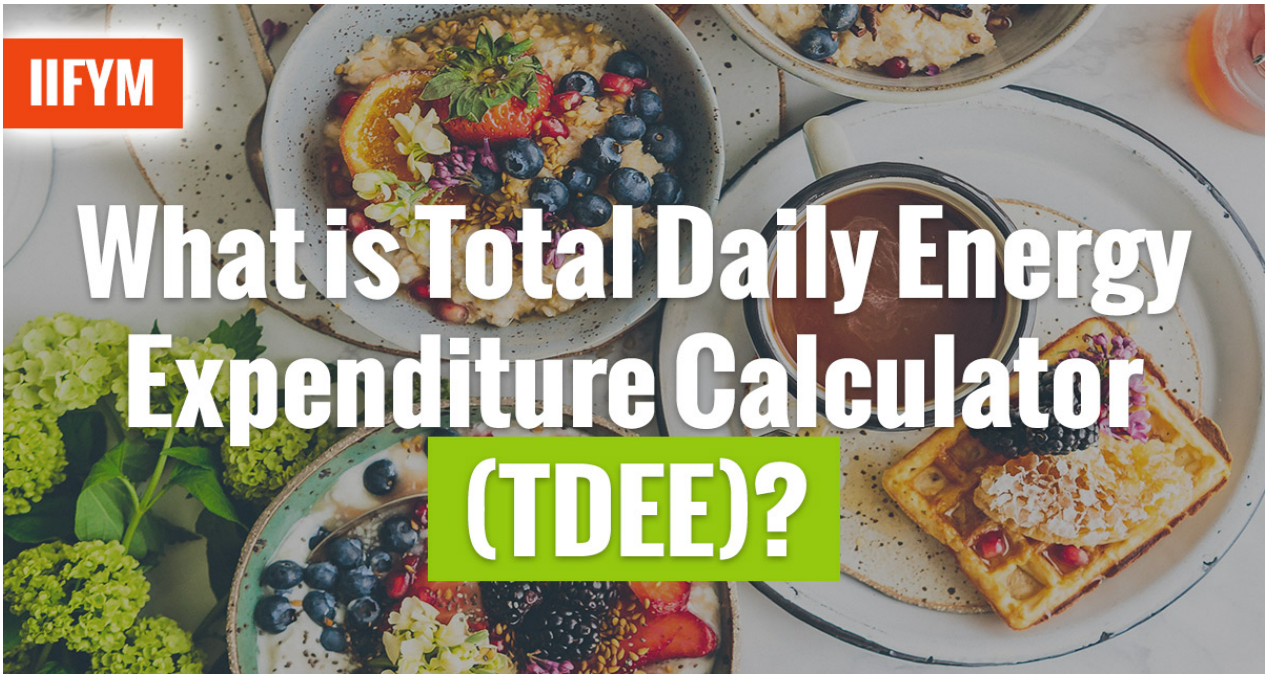



# IIFYM Creates Unique TDEE Calculator for Weight Loss On Website

*June 25, 2019*

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IIFYM, based in Tempe, Arizona, has announced that they have made available a weight loss calculator on their website. Specifically, this is the TDEE calculator, which helps compute the total daily energy expenditure (TDEE) of people based on their daily activities. It considers the daily routine, the type of work or activity that the person engages on everyday, how long the person does some work outs whether it is for cardio or group fitness, and other information such as the type of diet plan that the person had tried before. The TDEE calculator can be accessed at https://iifym.com/tdee-calculator/.

Anthony Collova, founder of IIFYM, says, ?We?re so glad to announce that our TDEE calculator is now available on our website. TDEE is the most important bit of information available to us when trying to gain muscle or burn fat and lose weight, because it represents the total number of calories we burn. In order to burn fat, we must eat less calories than our TDEE which will force your body to use your stored body fat as fuel. This is why when counting macros, we always base our calorie intake on our TDEE calculator numbers, and not BMR, like so many misinformed coaches do. You can use the IIFYM TDEE Calculator to calculate how many calories your body needs to function at your current activity rate.?

Those who want to know more about the value of the TDEE calculator and Total Daily Energy Expenditure can take a look at the article on the IIFYM weight loss blog. According to the article, the first thing to understand is the basal metabolic rate (BMR), which is the energy required to stay alive, such as breathing, eating, and others. The number of calories required will vary from person to person and will be affected by various factors, including age, weight, and height.

To obtain the TDEE, the BMR is determined and then added to the BMR are the calories that are spent on various activities done during the day, including even the process of walking to the kitchen to make a cup of coffee and more. Of course, this will also include the calories spent on exercise. To make the calculation easy, the activity factor is multiplied to the BMR: sedentary (having a desk job with little to no exercise) or lightly active (light exercise for one to three days per week).

According to the article, those who want to lose weight will want to eat a little less calories than their TDEE. They should never aim to eat less than their BMR. Thus, the TDEE is an important piece of information because on it would be based a person?s weight loss plan. It should be noted, however, that the body needs a minimum amount of calories in order to stay healthy. Studies have revealed that the optimum calorie deficit is around 500 calories per day. It is believed that if the calorie deficit is more than 500, the body will start getting the energy that it requires from lean muscle, as well as fat. If people lose lean muscle, their ability to burn calories is reduced.

According to Anthony Collova, the mission of IIFYM is to provide people with the means to lose weight even while eating the food that they enjoy. It is based on the belief that every person has a unique macro blueprint. The goal is to optimize a person?s metabolic health so that the body will burn fat while maintaining muscle mass, with or without exercise.

Anthony Collova had established IIFYM to allow people to have a diet and nutrition plan that is both easy to comprehend and do. People who require more information about the weight loss calculator and the diet plan that is recommended by IIFYM can visit their website or contact them on the phone or via email. It should be noted that there are other types weight loss calculators that have been made available by IIFYM on its website, as indicated by the press release that can be read at http://www.digitaljournal.com/pr/4323091.

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For more information about IIFYM, contact the company here:IIFYMKenneth Brickley(415) 968-5733support@iifym.com1887 Whitney Mesa Dr #6248, Henderson, NV 89014

**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*

Website: https://www.iifym.com

Email: support@iifym.com

Phone: (415) 968-5733

