

Getting The Most From The IIFYM Macro Diet

IIFYM Explains How To Use The BMI Calculator In New Blog Post

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IIFYM, based in Tempe, Arizona, has announced that they have recently published a blog post that explains how to use a BMI calculator to determine the general health of a person based on height and weight and other factors. This calculator allows the calculation of the Body Mass Index (BMI) score that can help in determining risk factors that can be used in general to find out if a person is healthy or unhealthy. The article is titled, [?How To Use The BMI Calculator In Relation To My Body Mass,?](#) and it also discusses the two formulas provided by the Centers for Disease Control and Prevention (CDC) to compute a person?s BMI without utilizing an online BMI calculator tool.

Anthony Collova, founder of IIFYM, says, [?What?s great about using a BMI calculator is simple - it?s fast and inexpensive. Sure, you could go get your body fat analyzed using something like body fat calipers or a handheld bioelectrical impedance device by your doctor or certified professional at your local gym, or go a more expensive route by using underwater weighing or dual-energy x-ray absorptiometry \(DXA\) - but that takes time and money.?](#)

He continues, ?If you want a quick overview of your health as it relates to your height and weight which is still fairly accurate (will determine if you?re in a healthy range or underweight/overweight/obese), a BMI calculator can give you the information you?re looking for.?

The use of a BMI calculator and analyzing the score results, according to the CDC, can be very useful in finding the connection between body fatness and the risk of having disease and metabolic issues.

The article also points out that there is a group of people where the BMI scores can be skewed and may not be a good representation of each individual?s overall health and weight. These are the people who are extremely healthy and the athletes. This is because the BMI formula only considers the weight and height and does not consider the lean body mass and how much muscle a person may have.

That is why the IIFYM (If It Fits Your Macros) website provides several kinds of weight loss calculators. IIFYM is a diet plan that can help people lose weight by monitoring their macronutrients, which are the proteins, fats, and carbohydrates, without having to limit their food choices. These macros are the nutrients that provide the body with the building materials and energy to grow, repair, and develop.

Protein is a key nutrient used by the body to repair and regenerate the cells of the body tissues. It is also important in the production of hormones and the development and maintenance of the immune system. Fats are also essential for the body for brain development, cell functioning, and protecting the organs of the body from shock. And it is the carbohydrates that the body uses as energy source to be able to do its various functions.

The IIFYM is a flexible diet method and it is based on the philosophy that it is not sufficient to track the number of calories that are being consumed but it is also important to monitor how the different macros are affecting the body. The IIFYM diet is designed for an individual to have a consistent amount of calories ingested without having to follow a specific diet plan and avoiding some macronutrients to be able to lose weight. This has the benefit of people being able to customize their diet plan in a number of ways that are tailor fitted to their preferences.

The macro calculators on the IIFYM website take into account the number of calories consumed including the sources of the calories. Thus, it requires determining the amount of each macronutrient that an individual has to ingest in order to attain the dietary goal. The macro nutrients are based on the person?s specific goals, whether it is muscle gain, weight loss, or keeping the existing muscle mass or weight.

Those who want to learn more about tracking macros for weight loss can go to their website or contact them on the telephone or through email.

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For more information about IIFYM, contact the company here: IIFYM Kenneth Brickley (415) 968-5733 support@iifym.com 1887 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

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