

Fitness Notes

Nutrition

- The human body = energy convertor. It takes food → chemical reaction → chemical energy. This chemical energy can turn either into heat (most of it), kinetic energy (movement) or electric energy. **This needs refs.**
- Energy for body without movement = basic metabolic rate (BMR). It depends on muscle mass, fat mass, height (h) and age (a). **This needs refs.**
- Several formulas for computing BMR
 - Harris-Benedict (1919) – only takes total mass into account (m)
 $13.7516m + 5.0033h - 6.7550a + 66.4730$
 - Revised Harris-Benedict (1984)
 $13.397m + 4.799h - 5.677a + 88.362$
 - Mifflin St Jeor
 $10m + 6.25h - 5a + 5$
 - Katch-McArdle – takes body fat % (f) into account
 $370 + (21.6m * (1 - f/100))$

Cooking

Workout

Sources

- <https://www.ncbi.nlm.nih.gov/pubmed/>
- <https://www.youtube.com/user/VitruvianPhysique>
- <https://www.youtube.com/user/JDCav24/videos>
- <https://scholar.google.co.uk>

Books

- Starting Strength – [1](#)
- Practical Programming for Strength Training – [1](#)
- Health/Fitness Instructor's Handbook – [1](#), [2](#)
- Bodybuilding: A Scientific Approach – [1](#)
- Biochemistry for Sport and Exercise Metabolism – [1](#)