

Your BMR: 1254.00 calories/day

You Have Low but Normal Metabolism

 **Profile:** Common in average-weight adults with light activity levels.

Nutrition Tips:

- Start your day with a protein-rich breakfast (e.g., eggs, Greek yogurt).
- Cut back on refined sugar and white carbs to maintain energy levels.
- Include omega-3s (walnuts, flaxseeds, salmon) for better metabolism.

Exercise Ideas:

- Mix cardio (walking/jogging) with strength training for best results.
- Join fun activities like Zumba or dance to stay motivated.
- Try 10-minute home workouts if you're short on time.

Lifestyle Tips:

- Manage stress with breathing exercises or journaling.
- Take movement breaks every hour to reduce sluggishness.

Bonus Tips:

- Green tea or black coffee in moderation can aid metabolism.
- Track your intake if managing weight, but avoid overly restrictive diets.