


# Your BMR: 1575.00 calories/day

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## You Have Moderate Metabolism

 **Profile:** Indicates a healthy balance — usually active individuals with a healthy weight.

## Nutrition Tips:

- Rotate between lean proteins: tofu, fish, legumes, chicken.
- Add spices like chili or turmeric to slightly boost calorie burn.
- Snack smart with high-fiber foods like fruits, oats, and nuts.

## Physical Activity:

- Aim for 3 strength workouts + 2 cardio sessions weekly.
- Morning workouts may help energize your day and boost metabolism.
- Include core training to improve posture and stability.

## Daily Habits:

- Eat slowly and without distractions (no phone or TV).
- Stick to a regular sleep schedule for hormonal balance.

## Bonus Tips:

- Infuse your water with lemon or mint to stay refreshed and hydrated.
- Consider using a standing desk to reduce long sitting periods.