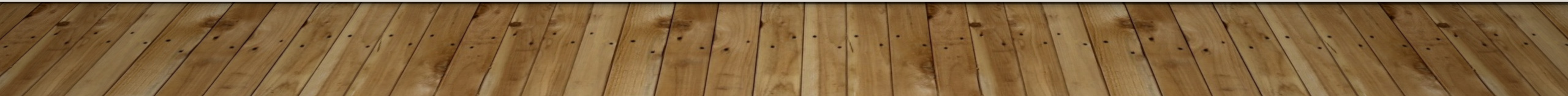


# PHYSICAL EDUCATION

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IES NARCIS MONTURIOL



# NUTRITION – BASAL METABOLIC RATE (BMR)

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BASAL  
METABOLIC  
RATE IS...



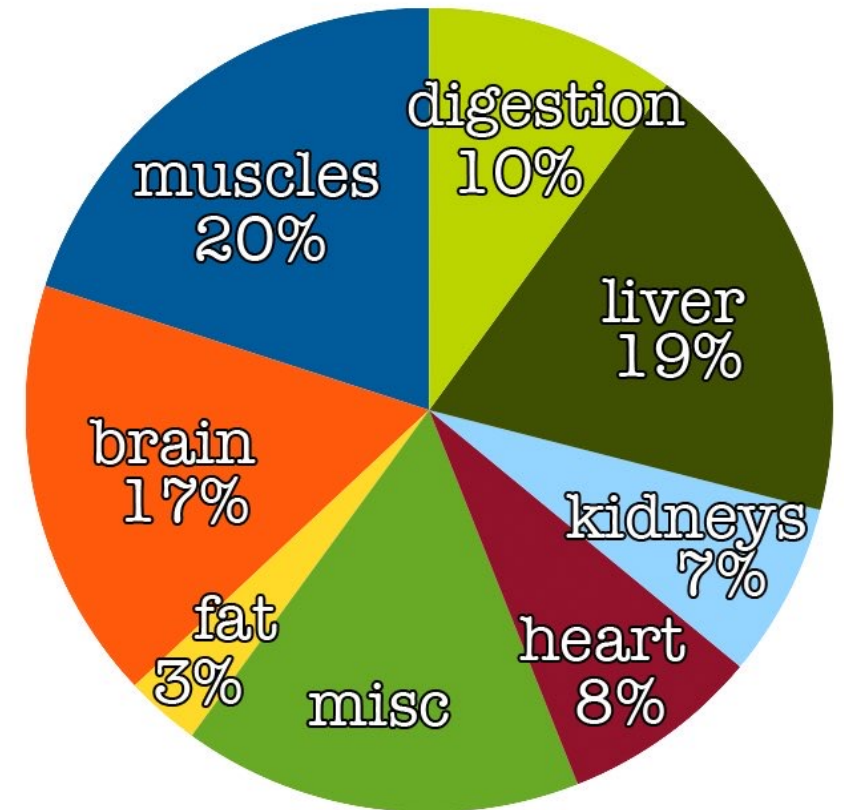
CALORIES YOU  
BURN TO PERFORM  
LIFE-SUSTAINING  
FUNCTION

# NUTRITION – BASAL METABOLIC RATE (BMR)

HOW DO I  
BURN  
CALORIES IF I  
AM RESTING?



Percent of Basal Metabolic Rate



# NUTRITION – DAILY ENERGY EXPENDITURE

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YOUR TOTAL DAILY  
ENERGY  
EXPENDITURE IS...



AN ESTIMATION OF  
THE CALORIES  
BURNT PER DAY



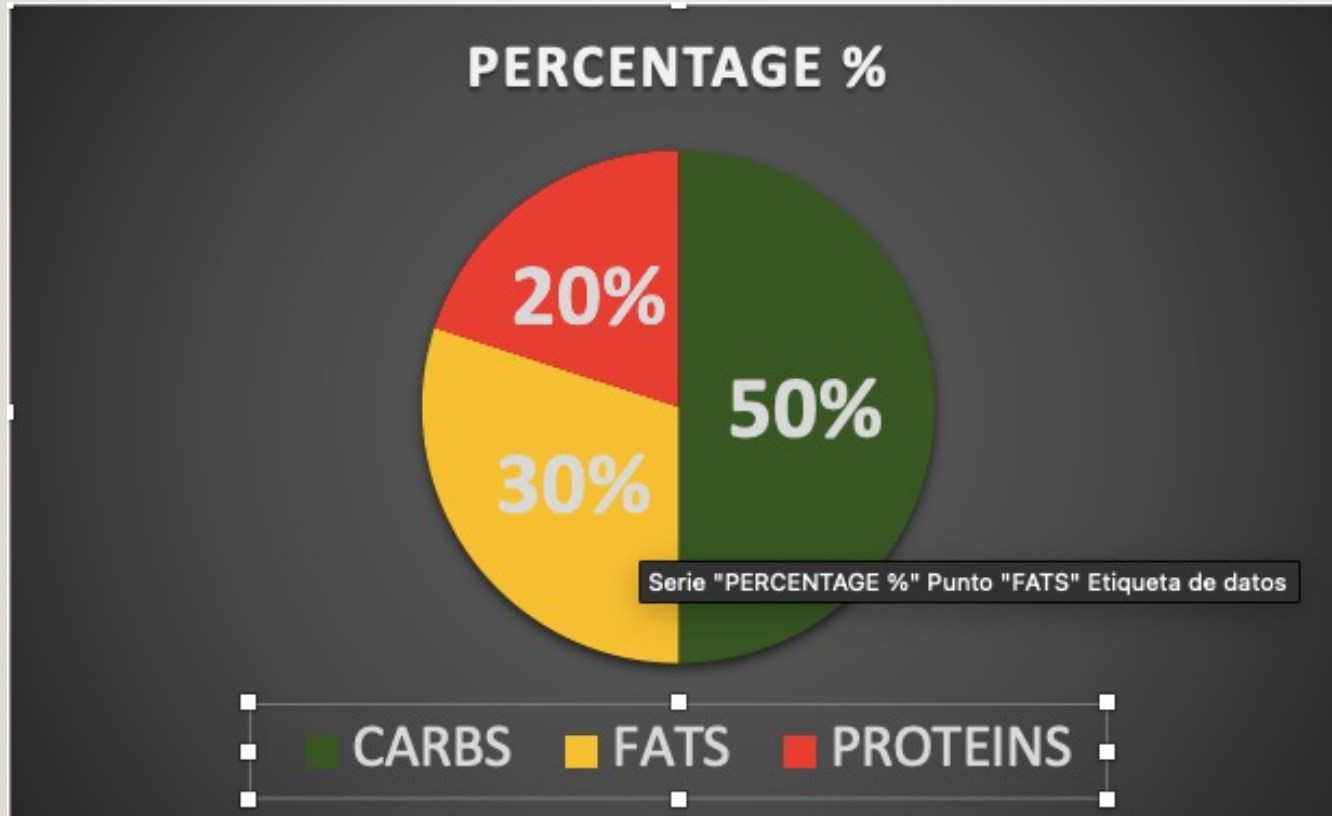
# NUTRITION – FIND OUT YOUR TDEE

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# NUTRITION - MACRONUTRIENTS

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# NUTRITION - MACRONUTRIENTS

CARBOHYDRATES



FATS



PROTEINS

