

# Calorie managment

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CALORIE MANAGEMENT al Affiliation CALORIE MANAGEMENT From the outset and face value, it is important to gauge with utmost precision and accuracy the amount of present in the body of a human being. Therefore, it would give the specialist who would wish to control and manage the calorie level the impetus and imperative to estimate the amount of calorie that would be burnt. It is important to note and mention that the amount and level of calorie that is burnt in a human being is a subject of many variables and factors. They include aspects such as the height of the person, the body mass index, the gender of the person which would also inform the type of physical activities that the same person would be doing. For instance, it is a widely known and held notion that males do rigorous and tasks which require a lot of human energy and effort.

Subsequently, it would be prudent to measure and gauge the amount of calorie lost or gained using an efficient tool, the calorific calculator. Some of the outright benefits and advantages of the tool or the calculator is that it helps the person to track or manage the daily calorie consumed. Logically, this would help the person to manage the levels of calorie that he or she intakes in his or her body since a lot of calorie would be harmful to the human body (Lean, 2015). The calorific calculate is an efficient tool that is easy to use given that it requires no expense or any specialized skills to handle. In principle, one could be able to manage and track the level of calorie in his or body and hence engage in a healthy living discourse.

Example of a visual logic file

Reference

Lean, M. E. (2015). Management of obesity and overweight. Medicine.

<https://assignbuster.com/calorie-management/>