

Bmi Calculator

Janet Gregory,Lisa Crispin

Body Mass Index (BMI). , Presents information on the body mass index (BMI), a ratio between weight and height. Offers an interactive form for determining one's BMI and notes exceptions, such as pregnant women and growing children. Contains a BMI chart and information on improving health. Links to other health-related sites.

BMI and Waist Circumference Anatomical Chart Company, Robert Kushner, 2006-11 BMI and Waist Circumference chart is an essential tool for primary care professionals and anyone involved in wellness and weight counseling. With this tool, it's easy to find the patient's Body Mass Index (BMI) score based on their height and weight and to discover if the patient has a high-risk waistline. The chart provides: A definition of BMI English and Metric formulas for BMI Limitations of BMI Table of classifications of BMI scores, from Underweight to Extreme Obesity Information and direction to discover if a patient has a high-risk waist circumference. The Waist Circumference measure is useful in assessing risk for adults who are normal or overweight according to the BMI table. Made in the USA. Available in the following versions : 20 x 26 heavy paper laminated with grommets at top corners ISBN 9780781772273 20 x 26 heavy paper ISBN 9780781772266

Curves Diet Speedy Publishing LLC, 2015-05-05 Those bulges are caused by overeating plus the lack of physical activity. You may not be aware of how your lifestyle is ruining your figure because you tend to underestimate if you don't see the actual numbers. By writing down your exercise routines side-by-side your daily caloric intake, you will have a clearer picture of what needs to be done to get those sexy curves back.

Nutrition and Obesity Alexandra Kazaks, Judith S. Stern, 2013 Provides an up-to-date, scientifically accurate study of the causes, consequences, and potential of individual and public responses to the serious health issue of obesity. Presents major concepts about obesity including health risks, energy balance, eating behaviours, the biology of hunger and satiety, and pharmacotherapy and surgery as treatment.

Programming and Problem Solving with C++ Nell B. Dale, Chip Weems, 2005 This book is a reference which addresses the many settings that geriatric care managers find themselves in, such as hospitals, long-term care facilities, and assisted living and rehabilitation facilities. It also includes case studies and sample forms.

Obesity Judith S. Stern, Alexandra Kazaks, 2015-10-13 Obesity has reached epidemic proportions in countries like the United States. This book provides a comprehensive summary of obesity in America and around the world, discussing the causes and proposing ways to help stem the tide and to help those who are overweight. A highly useful and accessible resource for high school to undergraduate students as well as post-graduate level readers with an interest in health and nutrition, this updated second edition of *Obesity: A Reference Handbook* offers up-to-date answers to essential questions about obesity and connected societal and health care-related issues. A single-volume, go-to resource, this book addresses difficult questions such as whether obesity is a disease or a moral failing; what factors contribute to obesity; what the economic impacts of obesity are on the health care industry; if and how poverty is a contributor to obesity; how our society encourages obesity; and how changes can be made to improve our society's eating habits as a whole. It presents citations from individuals and peer-reviewed journals and review articles, providing a balance of information sourced from both professionals and informed lay commentators. Also included are dozens of biographies of individuals who have been important in studying, preventing, managing, or increasing awareness about obesity, such as Jared Fogle, longtime Subway sandwiches spokesperson; Kelly Brownell, who coined the phrase toxic environment to describe unhealthy food and exercise patterns; researcher Ethan Allen Sims, who examined the relationship between obesity and diabetes; and Oprah Winfrey, well-known celebrity who stated that if there were a pill to lose weight or a magic diet, she would have it.

Weight Loss Calculators for Motivation - Before and After Weight Loss Programs Chandra B Singh, 2014-12-10 This eBook will provide all

answers and the information of Weight Loss Calculators, including BMI and Calorie intake. Those who are interested in knowing the mathematical explanation formula they will find the calculation formula, BMI Charts.

Body Mass Index Linda A. Ferrera, 2005 The Federal guidelines on the identification, evaluation, and treatment of overweight and obesity in adults have defined 'overweight' as a body mass index value between 25 and 29.9; and 'obesity' as a body mass index value greater than or equal to 30. BMI is a ratio between weight and height. It is a mathematical formula that correlates with body fat, used to evaluate if a person is at an unhealthy weight (given a certain height). BMI value is more useful for predicting health risks than the weight alone (for adults ages 18 and up). Individuals with high BMI's are at increased risk of developing certain diseases, including: Hypertension, Cardiovascular Disease, Dyslipidemia, Adult-Onset Diabetes (Type II), Sleep Apnea, Osteoarthritis, Female Infertility, and other Conditions, including: idiopathic intracranial hypertension lower extremity venous stasis disease, gastroesophageal reflux and urinary stress incontinence. This new book gathers research from around the world in the critical field of obesity research and its effects.

Childhood Obesity Rita Buckley, 2016-01-28 In the United States alone, approximately 12.5 million young people ages 2-19 are considered either obese or overweight. Rates around the world are also increasing at alarming levels. Using a question and answer format, practical examples, and numerous illustrations, this book explains childhood obesity concepts and related issues. It first offers easy-to-understand definitions of the causes, symptoms, and treatments for childhood obesity and then suggests diets and other means for maintaining a healthy weight. The book includes Internet links to the Centers for Disease Control and Prevention (CDC), videos, and other sites with important information and health tips. Features: Provides questions and answers about the medical definitions and descriptions of child obesity Cites links to information at the CDC and other online sources for pharmaceutical companies, other sites with practical advice, diets, etc.

Evolution of Cardio-Metabolic Risk from Birth to Middle Age Gerald S. Berenson, 2011-07-09 That precursors of adult coronary artery disease, hypertension, and type II diabetes begin in childhood have been clearly established by the Bogalusa Heart Study. This unique research program has been able to follow a biracial (black/white) population over 35 years from childhood through mid-adulthood to provide perspectives on the natural history of adult heart diseases. Not only do these observations describe trajectories of cardio-metabolic risk variables leading to these diseases but provide a rationale for the need to begin prevention beginning in childhood. The trajectories of the burden of cardio-metabolic risk variables in the context of their fetal origin and chromosome telomere dynamics provide some insight into the metabolic imprinting in utero and aging process. The observed racial contrasts on cardio-metabolic risk variables implicate various biologic pathways interacting with environment contributing to the high morbidity and mortality from related diseases in our population. To address the seriousness of the onset of cardiovascular disease in youth, approaches to primordial prevention are described focussing on childhood health education as an important aspect of Preventive Cardiology.

Beginning Java Programming Bart Baesens, Aimee Backiel, Seppe vanden Broucke, 2015-03-02 A comprehensive Java guide, with samples, exercises, case studies, and step-by-step instruction Beginning Java Programming: The Object Oriented Approach is a straightforward resource for getting started with one of the world's most enduringly popular programming languages. Based on classes taught by the authors, the book starts with the basics and gradually builds into more advanced concepts. The approach utilizes an integrated development environment that allows readers to immediately apply what they learn, and includes step-by-step instruction with plenty of sample programs. Each chapter contains exercises based on real-world business and educational scenarios, and the final chapter uses case studies to combine several concepts and put readers' new skills to the test. Beginning Java Programming: The Object Oriented Approach provides both the information and the tools beginners need to develop Java skills, from the general concepts of object-oriented programming. Learn to: Understand the Java language and object-oriented concept implementation Use

Java to access and manipulate external data Make applications accessible to users with GUIs Streamline workflow with object-oriented patterns The book is geared for those who want to use Java in an applied environment while learning at the same time. Useful as either a course text or a stand-alone self-study program, Beginning Java Programming is a thorough, comprehensive guide.

The Agile Testing Collection Janet Gregory, Lisa Crispin, 2015-06-22 A Comprehensive Collection of Agile Testing Best Practices: Two Definitive Guides from Leading Pioneers Janet Gregory and Lisa Crispin haven't just pioneered agile testing, they have also written two of the field's most valuable guidebooks. Now, you can get both guides in one indispensable eBook collection: today's must-have resource for all agile testers, teams, managers, and customers. Combining comprehensive best practices and wisdom contained in these two titles, The Agile Testing Collection will help you adapt agile testing to your environment, systematically improve your skills and processes, and strengthen engagement across your entire development team. The first title, Agile Testing: A Practical Guide for Testers and Agile Teams, defines the agile testing discipline and roles, and helps you choose, organize, and use the tools that will help you the most. Writing from the tester's viewpoint, Gregory and Crispin chronicle an entire agile software development iteration, and identify and explain seven key success factors of agile testing. The second title, More Agile Testing: Learning Journeys for the Whole Team, addresses crucial emerging issues, shares evolved practices, and covers key issues that delivery teams want to learn more about. It offers powerful new insights into continuous improvement, scaling agile testing across teams and the enterprise, overcoming pitfalls of automation, testing in regulated environments, integrating DevOps practices, and testing mobile/embedded and business intelligence systems. The Agile Testing Collection will help you do all this and much more. Customize agile testing processes to your needs, and successfully transition to them Organize agile teams, clarify roles, hire new testers, and quickly bring them up to speed Engage testers in agile development, and help agile team members improve their testing skills Use tests and collaborate with business experts to plan features and guide development Design automated tests for superior reliability and easier maintenance Plan "just enough," balancing small increments with larger feature sets and the entire system Test to identify and mitigate risks, and prevent future defects Perform exploratory testing using personas, tours, and test charters with session- and thread-based techniques Help testers, developers, and operations experts collaborate on shortening feedback cycles with continuous integration and delivery Both guides in this collection are thoroughly grounded in the authors' extensive experience, and supported by examples from actual projects. Now, with both books integrated into a single, easily searchable, and cross-linked eBook, you can learn from their experience even more easily.

Belly Fat Diet For Dummies Erin Palinski-Wade, 2012-10-09 The fast and easy way to lose belly fat Lowering body weight can reverse or prevent diabetes; lower blood pressure, cholesterol, and triglyceride levels; and improve sleep apnea and other sleep problems. The easy recipes and exercises outlined in Belly Fat Diet For Dummies gives you the edge you need to shed unwanted pounds and gain muscle tone. Do you carry extra weight around your midsection? Belly Fat Diet For Dummies gives you practical, trusted advice for shedding it—the fast and healthy way. You'll get a proven, 14-day quick-start program that guarantees results within days: a no-gym fitness plan that starts with a fat-melting, bodyweight-only workout and progresses to more advanced exercises further toning and tightening your belly. Plus, you'll get over 40 delicious belly-burning recipes to help you manage your weight. A no-gym fitness plan that starts with a fat-melting bodyweight-only workout and then progresses to a more advanced exercises further toning and tightening your belly Over 40 delicious belly-burning recipes Loads of options customized for: carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, diabetics, and vegans Includes useful tips, body-sculpting exercises, and delicious recipes using superfoods to help shrink your waistline A comprehensive maintenance plan to help you stay on track Belly Fat Diet For Dummies is a complete and informative guide that makes shedding weight practical and fun—with results in days.

Programming and Problem Solving with C++ Nell Dale, Chip Weems, 2010-10-22 Programming/Languages

More Agile Testing Janet Gregory, Lisa Crispin, 2014-10-06 Janet Gregory and Lisa Crispin pioneered the agile testing discipline with their previous work, *Agile Testing*. Now, in *More Agile Testing*, they reflect on all they've learned since. They address crucial emerging issues, share evolved agile practices, and cover key issues agile testers have asked to learn more about. Packed with new examples from real teams, this insightful guide offers detailed information about adapting agile testing for your environment; learning from experience and continually improving your test processes; scaling agile testing across teams; and overcoming the pitfalls of automated testing. You'll find brand-new coverage of agile testing for the enterprise, distributed teams, mobile/embedded systems, regulated environments, data warehouse/BI systems, and DevOps practices. You'll come away understanding • How to clarify testing activities within the team • Ways to collaborate with business experts to identify valuable features and deliver the right capabilities • How to design automated tests for superior reliability and easier maintenance • How agile team members can improve and expand their testing skills • How to plan “just enough,” balancing small increments with larger feature sets and the entire system • How to use testing to identify and mitigate risks associated with your current agile processes and to prevent defects • How to address challenges within your product or organizational context • How to perform exploratory testing using “personas” and “tours” • Exploratory testing approaches that engage the whole team, using test charters with session- and thread-based techniques • How to bring new agile testers up to speed quickly—without overwhelming them Janet Gregory is founder of DragonFire Inc., an agile quality process consultancy and training firm. Her passion is helping teams build quality systems. For almost fifteen years, she has worked as a coach and tester, introducing agile practices into companies of all sizes and helping users and testers understand their agile roles. She is a frequent speaker at agile and testing software conferences, and is a major contributor to the agile testing community. Lisa Crispin, an experienced agile testing practitioner and coach, regularly leads conference workshops on agile testing and contributes frequently to agile software publications. She enjoys collaborating as part of an awesome agile team to produce quality software. Since 1982, she has worked in a variety of roles on software teams, in a wide range of industries. She joined her first agile team in 2000 and continually learns from other teams and practitioners.

Internet Resources on Weight Loss and Obesity Lillian Brazin, 2007-01-11 A seasoned medical librarian provides top Internet resources on health, eating, and nutrition! Obesity has reached epidemic proportions not only in the United States, but also around the world. How does someone with weight loss questions find the most up-to-date information available to make informed health decisions? *Internet Resources on Weight Loss and Obesity* provides you with a comprehensive list of the best Web sites, already evaluated for your convenience. The book helps you locate the correct information you need on obesity and ways to combat it—saving you time from having to resort to Google® or other search engines. This valuable guide, written by a seasoned medical librarian, explains the dynamic nature of the Internet, how to correctly use it, how to easily find, evaluate, and use the latest health information on weight loss, and even how to detect medical fraud. *Internet Resources on Weight Loss and Obesity* provides important advice and instruction on mining information on this difficult health issue, and includes dozens of Web addresses that offer appropriate, free of charge information. The resource also explains ways to find additional information and support you may need using discussion groups, chat rooms, mailing lists, and newsgroups. Web sites are provided on diet and nutrition, health and diet assessment, eating disorders, obesity, weight-loss programs, bariatric (weight loss) surgery, available medications, spas and residential diet programs, and recipe information. This guide is written in clear, understandable language that even the Internet beginner can use, and provides vital information and help to anyone looking to lose weight and change his or her life. In *Internet Resources on Weight Loss and Obesity*, you will learn: how to determine whether medical and nutrition information is factual how to locate helpful Web sites where to begin researching particular diets or

weight loss methods how to evaluate a Web site how to detect outright medical fraud when and how to use search engines what is the significance of Web site address “domains” proper etiquette in Internet discussion groups Internet Resources on Weight Loss and Obesity is a handy, easy-to-use resource that is invaluable to librarians, Internet users, or anyone needing important health information concerning weight loss and obesity.

Project Management in Cloud Applications Pramod Chandra P. Bhatt,

Daily Health & Hygiene Skills Gr. 6-12 Sarah Joubert, 2015-12-23 Explore the benefits of a healthy lifestyle with our engaging resource on daily health and hygiene skills. Start off by examining healthy nutrition and meal planning. Take this one step further by planning an exercise and fitness routine. Then, move on to exploring personal hygiene, grooming and dental care. Extend this to your home with household care. Finally, learn about personal, community and travel safety, and the dangers of prescription and non-prescription drug use. Comprised of reading passages, graphic organizers, real-world activities, crossword, word search and comprehension quiz, our resource combines high interest concepts with low vocabulary to ensure all learners comprehend the essential skills required in life. All of our content is reproducible and aligned to your State Standards and are written to Bloom's Taxonomy.

Adult-Gerontology Practice Guidelines Jill C. Cash, Cheryl A. Glass, 2015-06-26 The first book to encompass adult-gerontology practice guidelines for primary care, this is a comprehensive resource designed for health care practitioners taking the new Adult-Gero NP certification course and exam. This user-friendly reference provides current national practice guidelines for delivering high quality primary health care to adults and older patients in the outpatient setting, along with specific care guidelines for adult, pregnant, and older adult patients. The book delivers information on the physical exam, diagnostic testing, health promotion including dietary concerns, procedure guidelines, and national resources, and includes extensive patient teaching guides with printable education points.

Nutrition in Clinical Practice David L. Katz, 2014-07-28 Written by one of America's foremost authorities in preventive medicine, *Nutrition in Clinical Practice* is the practical, comprehensive, evidence-based reference that all clinicians need to offer patients effective, appropriate dietary counseling. Each chapter concludes with concise guidelines for counseling and treatment, based on consensus and the weight of evidence. Appendices include clinically relevant formulas, nutrient data tables, patient-specific meal planners, and print and Web-based resources for clinicians and patients. Enhanced coverage of probiotics, health effects of soy, and other topics Information derived from a rigorous analysis of the published literature New chapter on food processing New chapter on functional foods New chapter on nutritional profiling systems Short chapters written for the busy clinician who needs actionable information

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