Healthy Lifestyle

How much do you burn?

Isahal Price

I teach people all the time on the amount of calories you burn every day. If you're a complete couch potato, it's probably 2500. If you're very active, it's likely 5000.

The amount of calories you burn every day is an important number that affects many things, including your credit score. If you're burning more calories than you're consuming, you might lose weight. But if you're burning fewer calories than you're consuming, you might gain weight.

The only thing that it does is to figure out your BMR. It will most likely be emerging. People think that they're burning more calories than they really are which never helps out when trying to eat the right amount of food. Calculate your BMR and fine-tune your weight loss efforts.

For more information about this topic, contact Isahal Price at 618.835.2697 or email at energyexploring@gmail.com.

Credit 101 for your college freshman

M. Ernest Marshall

Your credit score is a number that tells lenders how much you can charge on a card. If you have a good credit score, you may be able to charge more money on your card and pay it back on time. If you have a bad credit score, you may not be able to charge as much money on your card and pay it back on time.

The Utah Humanities Council has announced the 2010 We The People Grant Program, a competitive grant made possible by a $25,000 matching grant from Congress to the Utah Humanities Council (UHC) for the Humanities. We The People grants support programs that explore significant aspects of American history and the American experience.

Grants available for programs themed in American history

The UHC invites grant proposals focused on topics that reflect the breadth of American experience and the American nation. Examples of topics might include: the context, goals, and purpose of the American Revolution; the political, public, legislative, or social context of a particular era in American history; and the culture of the United States.

The UHC encourages you to think about how you might use our We The People grants to support organizations that are working on a wide range of projects, such as public history, public humanities, cultural tourism, community building, educational outreach, and historic preservation.

The application must be submitted online. See the We The People Grant application form and guidelines for more information.

For more information, contact the National Endowment for the Humanities (www.neh.gov) or call (202) 606-8400.资金 may be sought from the National Endowment for the Humanities (www.neh.gov) or other sources. Visit the National Endowment for the Humanities (www.neh.gov) or call (202) 606-8400.

If you have an idea for a project that you think the National Endowment for the Humanities (www.neh.gov) or other sources could support, you should contact Patricia Turner, Assistant Director for We The People Grants, at 202-606-8406 or email at profturner@neh.gov.