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## **The Fencing Parent's Guide to Improved Nutrition by Boosting Your RMR: Newer and Better Ways to Nourish Your Body and Increase Muscle Development Naturally**

*By Joseph Correa (Certified Sports Nutritionist)*  
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The Fencing Parent's Guide to Improved Nutrition by Boosting Your RMR will show you how to increase your RMR resting metabolic rate to accelerate your metabolism and help you change your body for good Your Resting Metabolic Rate measures the amount of energy used by your body in a resting or relaxed state RMR is your greatest component of energy expenditure in your body and so it tells us just how much energy and fat your body burns on a daily basis By adding

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