



Tuition Free
K-12 Charter School



LOSING WEIGHT WITH MATH

Introduction

Need to lose weight? Well this gives the idea of explaining what algebra does in this project of weight-losing i will calculate the calories needed to loose for this fitness.

What i did was research all about what actually makes you lose weight and how to get rid of it, then its where its mostly concentrated in your body like if so, in your stomach, then you have to work out your stomach with sit ups and squats and any excessive that will help loose the weight that is concentrated in your stomach.

The Equation to Lose Weight

$$Y = 100x + 250$$

The number of miles you ran
Every day:
(Independent Variable) is X.

The number of calories you lose in
Each day:
(Dependent Variable) Y.

The Program

There are many ways to lose weight; this program involves exercising and cutting calories from your regular meal.

There are 3,500 calories in a pound, now you just eat what you eat and when you do that you calculate how many calories are in each thing and when you calculate that you then loose the amount of calories you ate from the exercises.

Walking or jogging one mile will make you lose around 100 calories. The rate or the slope of our equation is 100.

Cutting back ½ cup of ice cream OR two sugar-sweetened sodas from your meals in a day will make you lose 250 every day. The constant of the equation is 250



My website



My Video