

**“BMI (Body Mass Index): What It Is & How to Calculate.” *Cleveland Clinic*, Cleveland Clinic, 9 May 2022,
<https://my.clevelandclinic.org/health/articles/9464-body-mass-index-bmi>.**

This source was used to teach how to calculate BMI but since i wanted my site to be easy for people i added a calculator that does it for you

**Statvert , Kevin, director. *Tutorial on Making a Google Site* . *YouTube*, 23 Nov. 2020,
<https://youtu.be/1G51dz5Gt-g>. Accessed 26 Jan. 2023.**

This was for helping create my google site and understand how it works. Ive never used google sites before so this video helped me a lot.

<https://www.medicalnewstoday.com/articles/cutting-diet> (Tinsley)

Tinsley, Grant. “What a cutting diet is and how to follow it.” *Medical News Today*, 14 December 2020, <https://www.medicalnewstoday.com/articles/cutting-diet>. Accessed 22 May 2023.

I wrote about cutting in my website and i knew a lot of the information already but i used this site so i can confirm what i was saying and get more information that i dont know which helped me with it.

***Muscle & Strength: Supplement Store & Free Workouts*, <https://www.muscleanstrength.com/>.**

This website was used to look up workouts and used in my website for people to use its a great source of information for the all workouts you want to learn more about and learn to do so i thought it was good to mention on my website too.

“What Are the Best Foods for Bulking?” Nike, 17 November 2022, <https://www.nike.com/a/best-bulking-meal-plan>. Accessed 22 May 2023.

<https://www.nike.com/a/best-bulking-meal-plan>

I used this website to help me get more information for bulking and to get more ideas and foods i did not think about. I also wanted to learn about vegan options and this helped.

Tinsley, Grant. “What a cutting diet is and how to follow it.” *Medical News Today*, 14 December 2020, <https://www.medicalnewstoday.com/articles/cutting-diet>.

<https://www.nike.com/a/how-many-rest-days-a-week>

I used this website to help explain more about rest days and why they are important it gave me and assisted me with adding more information

Decker, Allie. “The Ultimate Google Sites Tutorial [20+ Templates & Examples].” *HubSpot Blog*, 30 August 2022, <https://blog.hubspot.com/website/google-sites-tutorial>. Accessed 15 May 2023

<https://blog.hubspot.com/website/google-sites-tutorial>

I used this site to help with making new pages instead of using one page it helped make my website more appealing and less hard to understand.

“Charles Glass.” *YouTube*, <https://www.youtube.com/@CharlesGlassGOB>. Accessed 22 May 2023.

<https://www.youtube.com/@CharlesGlassGOB> (“Charles Glass”)

Information about training and the best exercises charles glass is one of the best trainers when it comes to the gym so i added him on my site too.

“Mike O’Hearn.” *YouTube*, <https://www.youtube.com/@MikeOHearnTitan>. Accessed 22 May 2023.

<https://www.youtube.com/@MikeOHearnTitan>

Great youtube channel to watch gives you little details and new information you never learn from other places or from websites because hes a professional with

what he does. I learned a lot from him and i added him on my site for people to get information that i didnt add or missed

“i’m Noel Deyzel.” *YouTube*, <https://www.youtube.com/@NoelDeyzel>. Accessed 22 May 2023.

<https://www.youtube.com/@NoelDeyzel>

I used his youtube channel on my site so people can understand more things about training and he is one of the best motivator when it comes to fitness and dieting.

“More Plates More Dates.” *YouTube*, <https://www.youtube.com/@MorePlatesMoreDates>. Accessed 22 May 2023.

<https://www.youtube.com/@MorePlatesMoreDates>

Great information on supplements, will help understand the science behind anything fitness related it great channel to learn from for free.

“David Laid.” *YouTube*, <https://www.youtube.com/@DavidLaid>. Accessed 22 May 2023.

<https://www.youtube.com/@DavidLaid>

One of the best transformations on the internet a great person to learn from and you will get motivated by his videos.

“ATHLEAN-X™.” *YouTube*, <https://www.youtube.com/@athleanx>. Accessed 22 May 2023.

<https://www.youtube.com/@athleanx>

You can learn more about workouts no one knows about and he does scientific breakdowns on all the workouts he tells you about

“Will Tennyson.” *YouTube*, <https://www.youtube.com/@WillTennyson>. Accessed 22

May 2023.

<https://www.youtube.com/@WillTennyson>

Great on teaching diet hacks and low calorie foods that taste amazing hes like a cheff for losing weight

“Greg Doucette.” *YouTube*, <https://www.youtube.com/@gregdoucette/featured>. Accessed 22 May 2023.

<https://www.youtube.com/@gregdoucette/featured>

Greg is an ifbb pro and he is so knowledgeable about anything fitness related. He has cookbooks, training books, and vidoes about breaking down the science behind foods.