

That's when you see a person's true nature

However, if I were a foreign woman like Taylor Swift,
I think Japanese people would perceive her as being from another world, and wouldn't feel that kind of emotion.
And I know...
So, what about Taylor Swift in her own country?
...No, that doesn't happen.

Continue your efforts with careful consideration

Not the kind of effort that leads to exhaustion and reckless abandon, but rather the kind of effort that focuses on how to reach your goals with minimal effort.
Think about this every day as you continue your efforts.

I analyzed my basal metabolic rate

For now, I'm comparing it to the average values for men.

- ① Average for general men: 1,500 kcal
- ② Average for athletes: 1,850 kcal
- ③ My average over the past year: 1,870 kcal

My basal metabolic rate is higher because I have more muscle mass.
Incidentally, professional boxers: 1,800 kcal
(The weight class wasn't specified.)
Incidentally, sumo wrestlers: 3,000-3,500 kcal
Incidentally, the average value for ballet dancers was vague.
That's what I heard.