

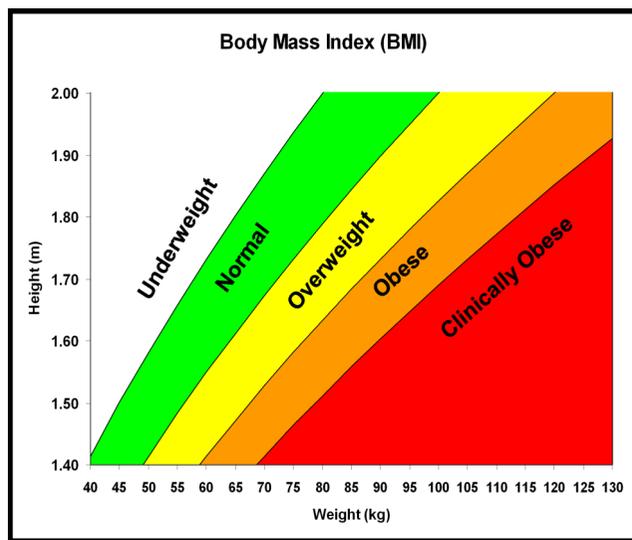
## What is BMI?

Body mass index (BMI), a measurement which compares weight and height, defines people as overweight (pre-obese) if their BMI is between 25 and 30 kg/m<sup>2</sup>, and obese when it is greater than 30 kg/m<sup>2</sup>.

## How to calculate BMI

BMI is calculated by dividing weight in kilograms by height in metres squared.

For example, if you are 1.65m tall and weigh 85kg:  
weight / height squared =  
 $85 / 1.65 \times 1.65 = 85 / 2.72 = 31.25$ .  
Then your BMI would be 31.25.



## What your BMI means:

- BMI between 18 and 25: Normal weight
- BMI between 25 and 30: Overweight
- BMI greater than 30: Obese

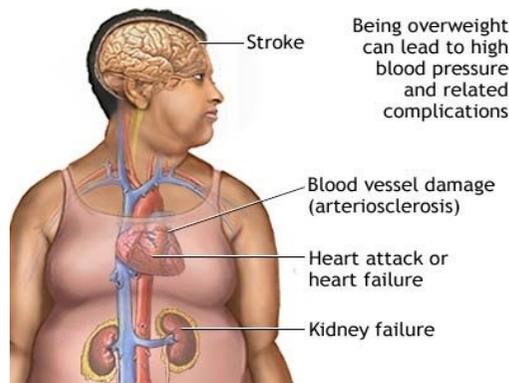


## OBESITY

Is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems.

Obesity increases the likelihood of various diseases:

- Heart disease
- Type 2 diabetes
- Obstructive sleep apnea
- Certain types of cancer
- Osteoarthritis
- Reduce life expectancy



Obesity is most commonly caused by a combination of:

- Excessive food energy intake
- Lack of physical activity
- Genetic susceptibility

Although a few cases are caused primarily by:

- Genes
- Endocrine disorders
- Medications
- Psychiatric illness.

Evidence to support the view that some obese people eat little yet gain weight due to a slow metabolism .

## CHANGING YOUR LIFESTYLE

An active lifestyle and regular exercise, along with healthy eating, is the best way to lose weight.

Even modest weight loss can improve your health. You will need a lot of support from family and friends.

When dieting, your main goal should be to learn new, healthy ways of eating and make them a part of your daily routine.

You need to be motivated to make lifestyle changes. Make the behaviour change part of your life over the long term. Know that it takes time to make and keep a change in your lifestyle.

Remember that if you drop kilograms slowly and steadily, you are more likely to keep them off. Your health care provider can teach you about:

- Healthy food choices
- Healthy snacks
- Sweetened drinks
- Portion sizes
- How to read the nutrition labels
- New ways to prepare food



## UNDERWEIGHT

The most common cause of a person being underweight is primarily malnutrition caused by the unavailability of adequate food.

The effects of primary malnutrition may be amplified by disease; even easily treatable diseases such as diarrhea may lead to death.



Some people are underweight due to genetics; others due to poverty.

Being underweight can sometimes be the result of mental or physical disease, such as hyperthyroidism, cancer, or tuberculosis.

People with gastrointestinal or liver problems may be unable to absorb nutrients adequately.

People with eating disorders are likely to become underweight, such as anorexia nervosa

Underweight can also be a primary causative condition. Severely underweight individuals may have poor physical stamina and a weak immune system, leaving them open to infection.

*You must begin to think of yourself as becoming the person you want to be.*

David Viscott



For General Enquiries

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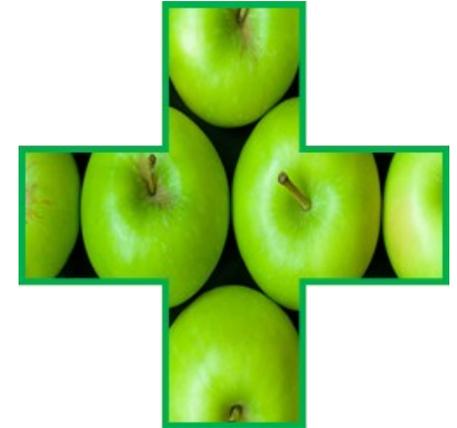
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## WELLNESS PROGRAMMES



## BMI