

Understanding Your Body Composition



BODY MASS INDEX (BMI)

- BMI is a standard height to weight ratio useful for classifying risks associated with weight gain. The World Health Organization (WHO) classification has been developed using the following grading system that links increases in BMI to increased health risks.

FAT %

- Body fat is vital to daily functions. It cushions joints, protects organs, helps regulate body temperature, and stores vitamins. However, serious health risks are associated with both too much, and too little body fat. Women's bodies require a higher percentage of body fat to be healthy compared to men.

BMI

< 18.5	Underweight
18.5—24.9	Healthy weight
25.0—29.9	Overweight
30+	Obese

BASAL METABOLIC RATE (BMR)

- BMR reflects the amount of calories used by the body to maintain normal functions when at rest. Daily activities and exercise increase BMR by approximately 15%. BMR helps you establish just how many calories your body needs in a day to achieve proper energy balance.

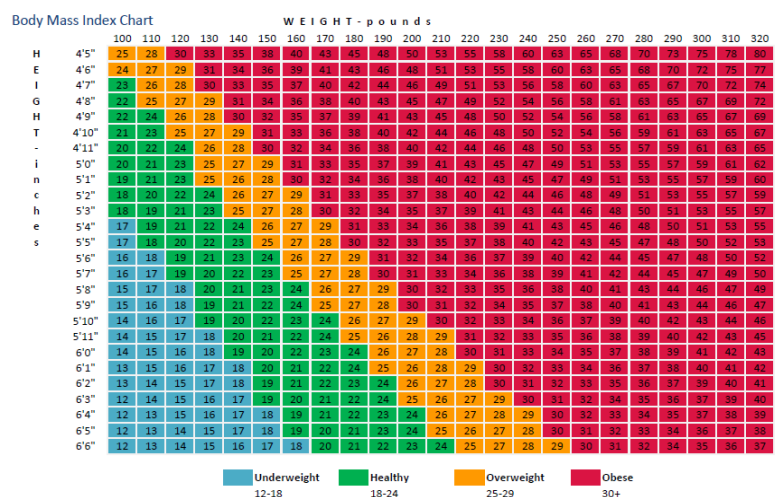
CALCULATE YOUR BMI

Calculate your BMI by scanning this QR Code with the QR Reader app on your iPhone, iPad, or smart phone.



Read *The Obesity Paradox* by

Carl Lavie MD



"Believe in yourself till the dream comes true!"

