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Weight Management - Body Mass Index Explained

Can you see your toes or other bits of your anatomy when standing upright and looking down? If the answer's "No" then chances are you're overweight!

If you want to be slightly more scientific about it, there's the **Body Mass Index or BMI**. This is currently the internationally accepted standard for assessing how healthy, or otherwise, our weight is, although this is not always accurate or appropriate to use in every case.

Hence you are **healthy** if you have a **BMI of 20 – 25**, you are **overweight** if you have a **BMI of 25 – 30** and you are **obese** if you have a **BMI greater than 30**.

However, if you work out, play sports or are of a physically heavy build, the BMI measurement system can give a 'false' result – most professional rugby players are classed as obese using this system! A mix of BMI and waist measurement works best.

Which brings us back to looking at our toes! If your waist measurement is greater than 37 inches you really should seriously think about losing weight.

You can calculate your BMI by dividing your weight (in kilograms) by your height (in metres) squared.

Eg; if you weigh 93kg (14 stone 9lb) and are 1.77m tall (5ft 9¾): *Then 93 divided by (1.77 x 1.77) = a **BMI of 29.7***

Alternatively, check out the BMI charts in the health magazines or visit your local health centre for advice.

make time for activity

There are 1440 minutes in the day.
Be active for 30 of them!