

OH MY...MY BMI!!!

Have you ever sat down to do the dreaded calculation of your BMI? Typing in your equation, hesitating to hit that equal button, afraid the number will tell you your weight is not within “normal limits.”

Weight (kg)/height (m)²



~~**BMI Scale:**
Underweight: Below 18.5
Normal: 18.5-24.9
Overweight: 25-29.9
Obese: ≥ 30~~

ABOUT THE BMI:

- Developed by a mathematician, Adolphe Quetelet, NOT to be used as a determinant of health status.
- This measure is based off of European Males and is a racist and sexist measure.
- BMI is just ONE, poor indicator used as a baseline for Medical Professionals when assessing patients.
 - Easy & Inexpensive method
 - Not a good measure of OVERALL HEALTH!
 - Does not measure your lifestyle practices, nutrition/exercise habits, and does not account for muscle or fat mass distribution on your body.

**One #
≠
Overall Health**

**B: Be
M: More
I: Intuitive**

CHECK THE FACTS!

- Nutrition and exercise plays a smaller role in overall health than one might expect (Approximately 10%).
- Weight cycling and weight stigma and social determinants of health play a much larger indicator of your health than your weight (Approximately 70%).

HONOR YOUR HEALTH!

BE MORE INTUITIVE!

- Educate yourself on family history
- Practice Intuitive Eating. It is not all intuition, it is some practical planning, taste, AND intuition. IE is fluid and flexible.
 - You don't need militant exercise. Focus on joyful movement--what FEELS good.
- Need extra sleep? Even if that is 15 minutes or 1 hour more.
- How do you feel TODAY?

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