



HEALTH INFORMATION

10 tips to lower BMI

BMI is a measure that is very useful across large populations, is well documented and is an extremely simple measure to undertake.

- It does not necessarily reflect the changes that occur with age as the proportion of body fat increases with age, whereas muscle mass decreases, but corresponding changes in height, weight and BMI may not reflect changes in body fat and muscle mass
- The relation between BMI and percentage of body fat is not linear and differs for men and women
- It is well established that individuals who deposit much of their body weight around their midsection, the so called apple-shaped, are at much greater risk of disease and early mortality in contrast to the so called pear-shaped, who carry their weight more peripherally, particularly in the lower body
- It does not always reflect lifestyle changes - improved lifestyle may mean that you have less body fat and more muscle but weight may not significantly change and therefore BMI will not change

1. Ensure you eat breakfast, and that it is nutritionally balanced.

Aim for porridge, low sugar muesli, fruit with mixed nuts and live bio yoghurt, eggs, grilled bacon, tomatoes.

2. Water!

Our bodies are made from over 65% water, and it has many jobs, including the delivery of nutrients around the body, but also the removal of toxins and fat cells. Aim to drink at least 1½ litres a day.

3. Leave out carbohydrates from mid afternoon.

Carbs aren't bad, it's just that we tend to eat too many! Their primary job is to be broken down into glucose, stored, and used for energy.

4. Aim to leave no more than 4 hours between eating.

This can take the form of a snack like an apple and a 3-4 nuts, chopped raw veg, or some oat cakes. By leaving longer, your body will go into starvation mode, releasing hormones which will store the next food consumed as fat.

5. Try not to eat after 8pm at night.

Your metabolism slows down during the afternoon to evening time and so it will take longer to break down food from here. Where possible, have your larger meal at lunch time which will assist this process.

6. Cut out added sugar!

Everything that ends in an xxxOSE is sugar! The whole key to fat loss is keeping a high metabolism and balanced blood sugar levels. Sugar will not help!

7. Cut back on wheat based products.

8. Cut out the packaged/processed and take away food which is often high in calories, and specifically the packaged meals, are low in vitamins and minerals. Food needs to be natural and fresh to contain vitamins and minerals.

9. Eat for your day!

Food is our energy source – If you have a sedentary job, or a less active day ahead, look to reduce the number of calories you consume.

10. Exercise.

If you take the stairs, have a quick walk during lunch or ride your bike to work for example. You can increase the amount of activity without having to attend the gym (although that is great too!).

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