

CAN BMI REALLY WEIGH-UP YOUR HEALTH?

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Most of us have tried to crack the code on our lifestyle habits – have we been eating well or exercising enough to stay healthy? You'd think the trusty bathroom scale would be a good enough indicator of this right? Well, actually not, that's why the term BMI (Body Mass Index) has been floating around for decades. It's a calculation based on your weight and height that places your health neatly in the categories of ideal, underweight, overweight, and obese.

But does it all add up? One of our readers asked, "I've heard that BMI isn't the best indicator of a healthy weight. Is this true?"

Dr. Kruger from [Health Renewal](#) shed some light on the topic.

To read the full article visit: <http://bit.ly/BSABmi>