

I want to watch out for my weight



I can

- Moderate my intake of fats and sweet foodstuffs.
- Fractionate my food intake into several meals and snacks.
- Avoid nibbling.
- Favour vegetables and fruits to limit calorie intake.
- Engage in regular physical activity.
- Weigh myself once a week.
- Have my waist circumference measured by my physician.





- Weighing yourself is not sufficient! A better health indicator of your ideal weight is your Body Mass Index (BMI). To calculate it, the following equation is used:

Example: for a weight of 70 kg and a height of 1.70 m: $70 / 1.70 \times 1.70 = 24 \text{ kg}/(\text{m}^2)$

- Waste circumference measured at the level of the belly button must be lower than 102 cm for men and 88 cm for women.
- If overweight, a loss of 10% of ones current weight improves blood pressure, total cholesterol and glycaemia.
- Progressively changing eating habits enables one to decrease ones weight and to stabilize it on the long term.

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A silhouette of a person standing on a white background with horizontal blue lines, resembling a notepad. The person is positioned on the right side of the frame, facing left. The lines are evenly spaced and extend across the entire width of the image.