

BMI Myth Buster

The Falsehood of BMI

Did you Know?

- BMI is an overall comparison to the general population.
- The creator, Lambert Adolphe Jacques Quetelet, was a mathematician, not a physician.
- The chart was created as a government project to help allocate resources.
- Mr. Quetelet stated that "the BMI chart was NEVER meant to measure the fatness of an individual."
- Today, we only use the male version of the chart.

Why Know Your Numbers?

- You know your cholesterol and blood pressure-- body fat percentage is just as important.
- Small changes will improve your life.
- As with anything, moderation is key. You can still indulge!
- Just as ignoring an illness doesn't mean it's not there, not knowing your body composition doesn't change it.
- Body composition is more than just body fat percentage. You learn a wealth of valuable information. This information can help you feel your best.
- Understanding your body composition leads to a longer, healthier life.

Don't wait! Contact us today to learn more.