

# Is your body trying to tell you something?

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we think it's worth getting to know your body ...



## Your body is unique to you...

It's nice to think we're all peas in a pod but no two people are the same. What works for one person may not work for another, so you need to firstly understand your own body.



Is your fat mass weighing you down?



Carrying excess weight is a known risk factor for chronic disease. What does your current body composition say about your health?

Try measuring the following either at home or by booking a check-up with your GP or a BANT Nutrition Practitioner.

- Weight & BMI\*
- Waist & Hip Measurements\*
- Body Composition (Fat Mass / Muscle Mass)\*\*

\*<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>  
 \*\*You may need to visit your GP or a Nutritional Practitioner



What is body composition and how is it helpful?



Body composition is the mass of fat, muscle, water and bone that makes up your body. Knowing your BMI or how much you weigh only tells part of the story. A better indicator of health comes from knowing your fat mass, especially if you are carrying it as visceral fat in the tummy region which is a risk factor for disease.

**BANT Your Body Composition Tracker**

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Body Composition	Start	Week 1	2	3	4	5	6	7	8	9	10	11	12
Weight (kg or lbs)													
Height (cm or feet/inches)													
BMI													
Waist (cm)													
Hip (cm)													
Chest (cm)													
Fat %													
Muscle %													
Muscle Mass (kg / lbs)													
Visceral Fat Rating													
Total Body Water %													
Metabolic Age													

Calculate your **Waist:Hip ratio** by dividing your waist circumference by your hip circumference.  
 The waist to hip ratio determines your health risks and is an indication of whether you have an apple or pear shaped figure.  
 According to the World Health Organization (WHO), a healthy WHR is:  
 0.9 or less in men  
 0.85 or less for women

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Download our body composition tracker