

Is your body trying to tell you something?

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

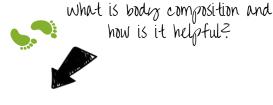
Find out what at BANT, we think it's worth getting to know your body ...





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.





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

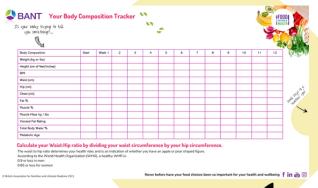
Try measuring the following either at home or by booking a check-up with your GP or a **BANT Nutrition Practitioner.**

- 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

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.



Download our body composition tracker 7

