The Healing Power of Food

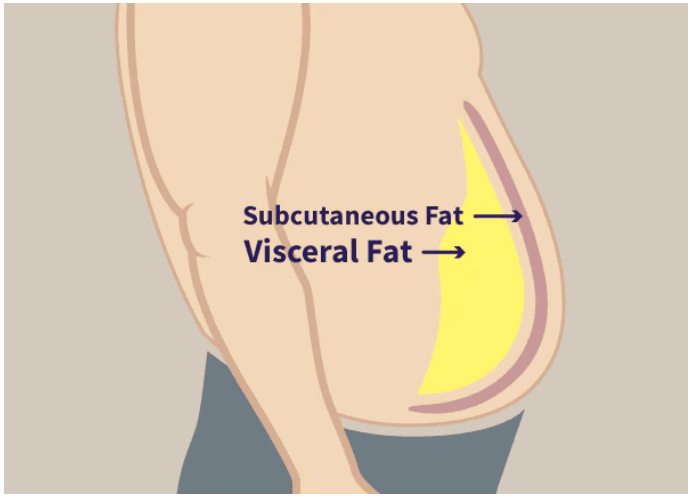
Body Composition

Not “one size fits all”

- Focusing only on how much you weigh is not helpful.
- Everyone has a different ideal weight, depending on your height and frame size.
- People with a larger frame will have larger bones and therefore will have a higher ideal weight.

Fat and Muscle

A person may be of ideal weight but still not have a good body composition, because they are carrying too much fat in certain areas, (like around the belly) and are lacking in muscle.



Body composition can be changed

Through healthy eating and exercise, body fat can be converted to muscle.

Types of exercise

Cardio – gets the heart pumping

- walking
- swimming
- dancing
- sports

Weight-bearing – builds the bones and muscles

- gardening, physical work, walking up and down stairs

What is your correct height weight ratio?

Your **“body-mass index”** is a number that takes into account your weight and height.

BMI = weight (kg) ÷ height (m)²

- Take your height in meters and square the number, e.g. if you are 1.75 meters tall, then you would multiply 1.75 by 1.75 and get a result of approximately 3.06.
- Next, divide your weight in kilograms by your height in meters squared, e.g. if your weight is 75 kilograms and your height in meters squared is 3.06, then divide 75 by 3.06 for an answer of **24.5** as your BMI.

A factor to consider: Frame Size

Frame size can be:

small – medium – large

People with a large frame have bigger bones and therefore it will be normal for them to weigh more than someone of the same height, but with smaller bones.

So frame size must be taken into consideration.

You can measure your frame size by measuring your wrist circumference, just above the knobby bone.

See the height-weight chart print-out.

Another way to asses your body composition

Waist circumference

- Ideal waist size refers to waist circumference a measurement that promotes optimal health and reduces health risk.
- Scientific research consistently shows that waist-to-height ratio is the most reliable predictor of health risk across all age groups and ethnicities.
- The simple rule: keep your waist circumference less than half your height: **Ideal waist size = height x 0.5**

(Make allowances for small – medium – large frame + or – 2 cm)