



Our lifestyle blog is brought to you by local Personal Trainer and Fitness Queen founder, Hayley Lundy. We aim to educate, motivate and inspire our readers to lead a healthy active life.

This issue I'm talking about BMI!

I was recently chatting to a client who had come to visit me for a sports massage and we got onto the conversation of nutrition and weight, as I often do! To my surprise, the lady told me how she had been strict with her diet lately as she had just been informed by a nurse that she was overweight from looking at her BMI results! The reason I was surprised was because this was a slim lady who was running a marathon the following weekend! Personally I felt she was at a healthy weight and clearly did not need to lose any weight, especially with her regular training.

The BMI measurement is an attempt to quantify the amount of tissue mass (muscle, fat, and bone) of an individual, and then categorise that person as 'underweight', 'normal weight', 'overweight', or 'obese', based on that value.

Now the BMI is a good measure for people who don't exercise, but it's important to understand that if you exercise, your muscle will weigh more than fat as it's more dense, so how you look in the mirror, and what size clothes fit you, should be how you can see/tell if you need to shift some weight!

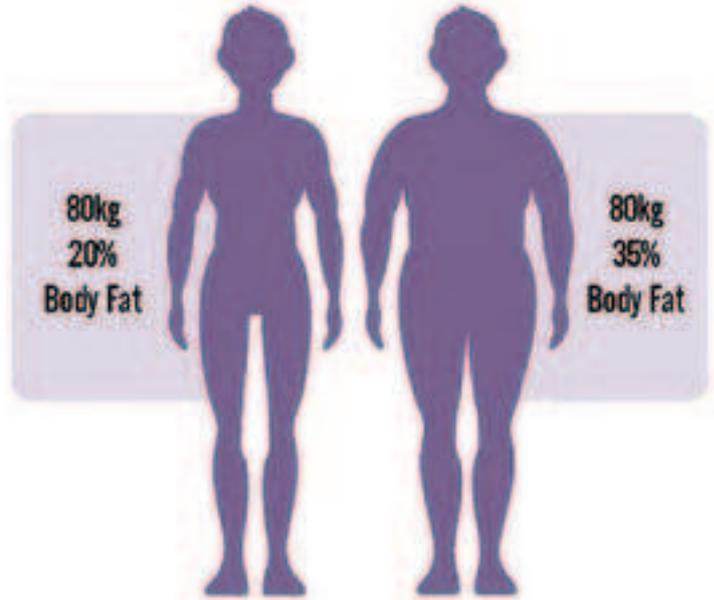
When you exercise and create muscle you help your body stay at a healthier fat percentage as you will boost your metabolism. I also find people who exercise find it easier to keep in shape than people who simply cut calories to lose weight as the body deals with it better when you have periods when you eat more calories (I'm thinking of holidays...!).

If you exercise regularly I'd use other means to measure progress than BMI or weighing scales (because scales can be demotivating as well as motivating!). I'd advise you to go by measurements, progress photographs, and if you can fit in old clothes, or just generally have strength and fitness goals.

Also, don't forget that aiming to get in a particular clothes size can also be misleading – for example a size 12 to 14 in one shop, can be totally different to the next!

If you have piled on some pounds and want to shift them, that old pair of jeans that used to fit you is a good place to aim for.

**THINK FAT LOSS
NOT WEIGHT LOSS**



You should eat good food to help your body work well and feel good, so don't deprive yourself aiming for a weight you're trying to reach on the scales. I've met so many clients who have got in the habit of 'yo-yo' dieting, because they eat too little to lose weight, then end up tired and fatigued because they are being too restrictive, which makes them feel fed up and so they give up and binge on more food than they would normally eat.

Eat to nourish your body, limit your treats, and exercise to help you both feel good and move well. Once you have this mindset, your fat percentage will keep at a healthier weight naturally.

If you would like help with getting in shape, I offer one-to-one personal training, small group training (maximum four people), and nutrition plans. Just contact me for more information or to book.

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