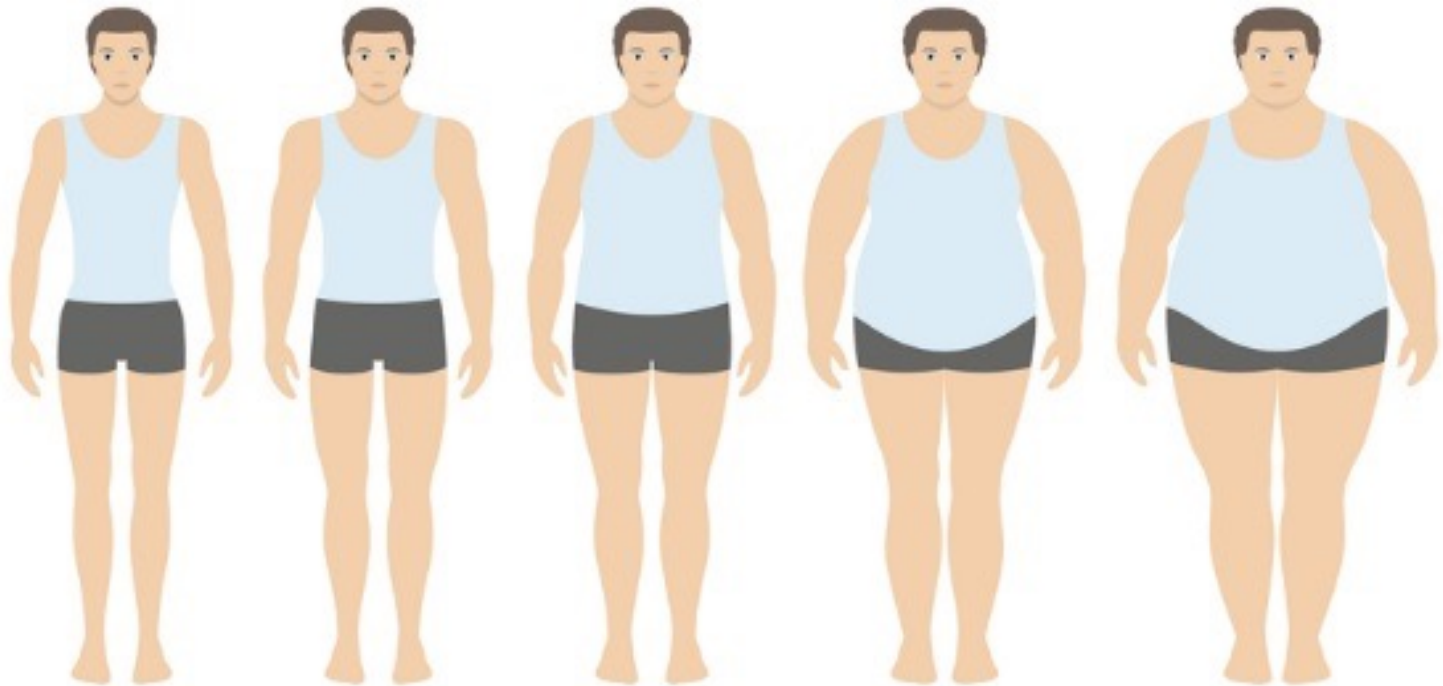# Healthy lifestyle

Conducting client consultations to support positive behaviour change

What is the difference between being overweight and being obese?

- Both are classified using body mass index (BMI):
  - Weight (kg) ÷ Height (m)²
- Overweight = BMI 25+
- Obese = BMI 30+

Body Mass Index

| <18,5 UNDERWEIGHT | 18,5-24,9 NORMAL | 25-29,9 OVERWEIGHT | 30-34,9 OBESE | 35< EXTREMLY OBESE |

Benefits of an active, healthy lifestyle

- Improved quality of life
- Increased life expectancy
- Improved mood and self-esteem
- Reduced risk of illness and disease
- Weight loss and management
- Increased independence in older age

Which of the sources below would not be considered reliable?

Department of Health

NHS

Wikipedia

Public Health England

British Medical Journal

ACSM

British Nutrition Foundation

British Heart Foundation

Daily Express

Men's Health

Bodybuilding.com

These would be considered as not reliable or "spurious"

Daily Express

Men's Health

Bodybuilding.com

Wikipedia

Wikipedia can be a great resource – but remember that anyone can go in an edit a Wikipedia page so for this reason we would not consider it to be 100% reliable.