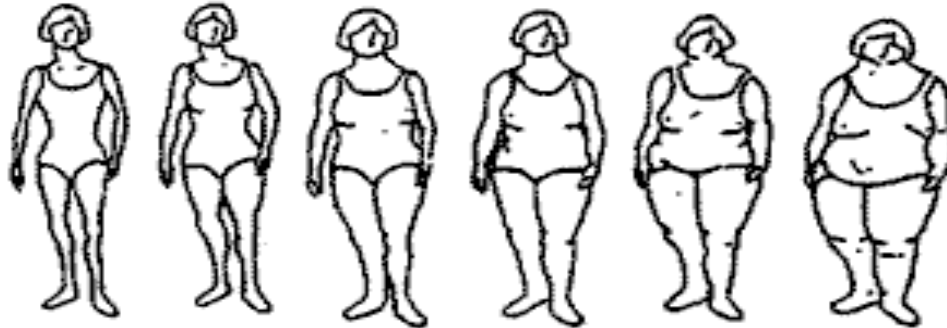


Tell us we're dreamin'... The Reality



Under
weight

Skinny

Normal
Weight

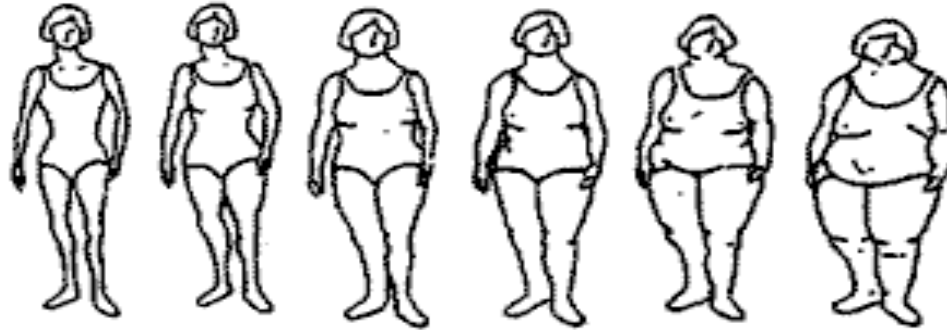
Overweight

Obese

Morbidly
Obese



How we see ourselves



Anorexic

Under weight

Skinny

Normal Weight

Overweight

Obese

Overweight has become normal, obese has become overweight and *morbidly* obese is now obese

Get out of Denial and check your status **today**

- Check your BMI (not definitive on its own, but a guide to your current health status)
- Using a calculator type in your weight in kgs, then divide it by your height, then divide by your height again, e.g.
- **$60 \div 1.68 \div 1.68 = 21$ a body mass of 21 which is in the 'healthy' range.**
- Below 20 is underweight, 26+ is overweight, 30+ is obese
- Check your waist measurement – 80cm+ for women is not good, 94cm+ for men is not good
- 88cm+ for women and 102cm+ for men equals please have something else for lunch and dinner today than what you had planned, it's not working for you.



How we can help



- It's Up To You runs EAT RIGHT AT WORK programs in workplaces across Australia.
- Download a course outline from our webpage at www.itsuptoyou.com.au
- Call us on 0400 64 99 60 to chat about what we can do in your organisation to help your staff be healthy.
- info@itsuptoyou.com.au
- www.itsuptoyou.com.au