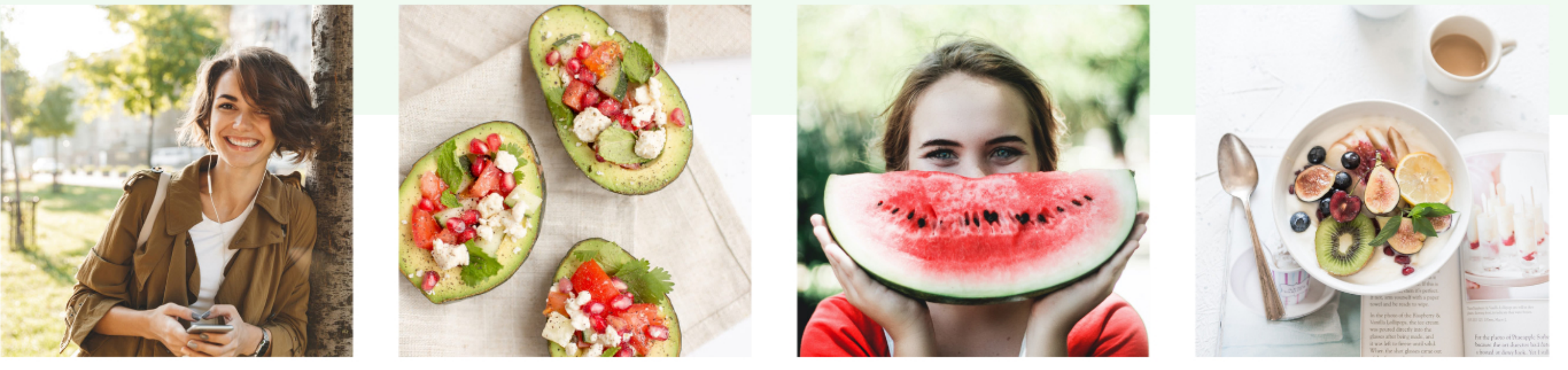


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It's time to kick start a new lifestyle. Start eating, feeling & living better today. Build good habits with us in no time.

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Thomas Bradley

Calculate Your BMI

BMI calculator generates the number of calories your body burns per day at rest. Your BMR with activity factor is the number of calories your body burns per day based on the activity factor you selected.

Height (cm)\*

Weight (kg)\*

Age\*

Gender\*

Male

Select an activity factor\*

Little or no Exercise / desk job

Calculate

BMI Calculator Chart

BMI	Weight status
Below 18.5	Underweight
18.5 – 24.9	Healthy
25.0 – 29.9	Overweight
30.0 – and Above	Obese

\* BMR Metabolic Rate / BMI Body Mass Index

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