



BeFit

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## Be Healthy Be Happy

Are you concerned about your health, weight and need a diet plan? We are here to help!

Request Diet Plan

Request Training Plan

### Subscribe to our newsletter

Name

Email

Subscribe

## Check your BMI!

### BMI Calculator

Name

Weight (kg)

Height (cm)

Calculator



### Why is BMI Important?

BMI assists researchers in learning the pattern of eating that contributes to obesity in a population or collection of people. Knowing one's BMI allows medical professionals to reduce the health risks connected with obesity. However, it is a simplistic formula that does not discriminate between fat and lean muscle tissue. It also does not take into account whether the fat is subcutaneous or visceral. If you have any concerns, speak with your doctor.

## Still Worried About Your Health?

### Request Training

nfpweo

nveio@js.com

Enter your query

### Request a Diet Plan

nfpweo

nveio@js.com

Enter your query

Submit

Submit

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