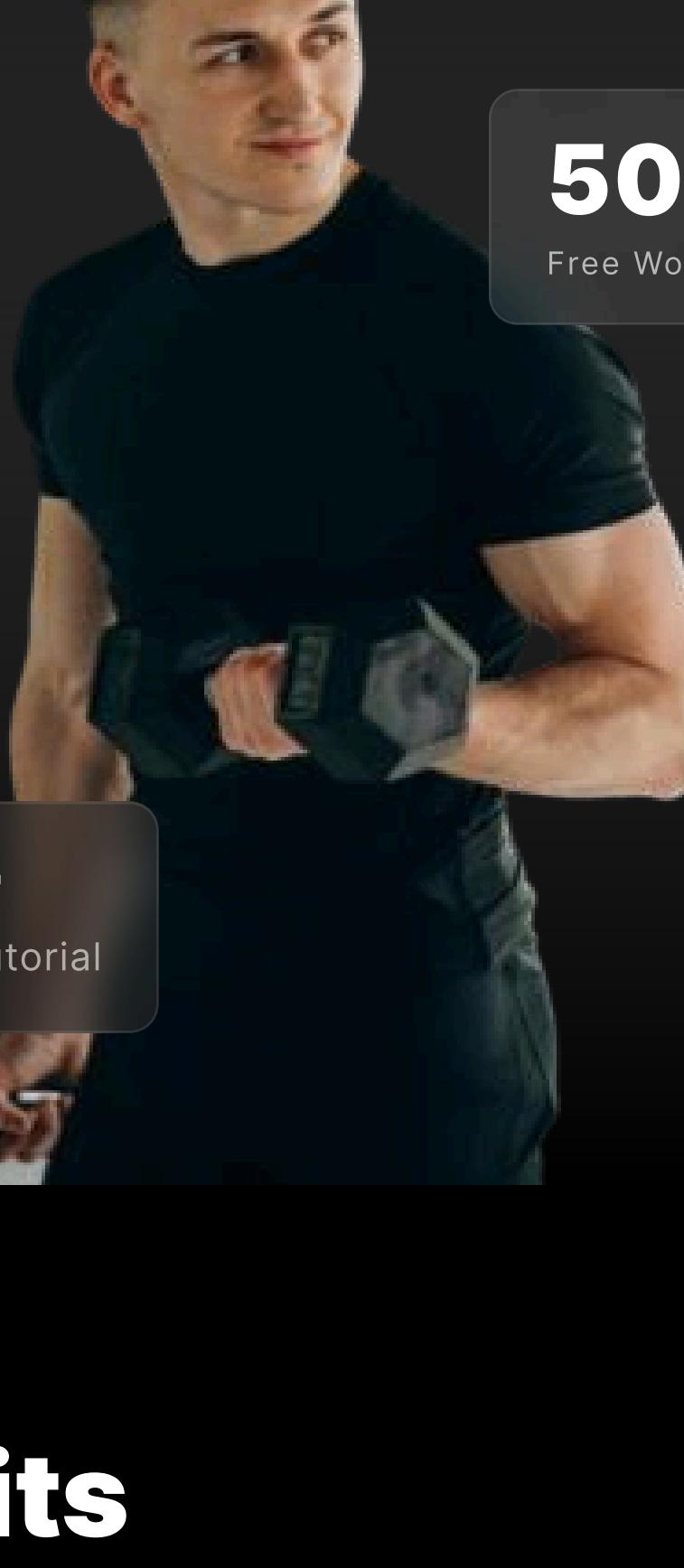


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A huge selection of health and fitness content, healthy recipes and transformation stories to help you get fit and stay fit!

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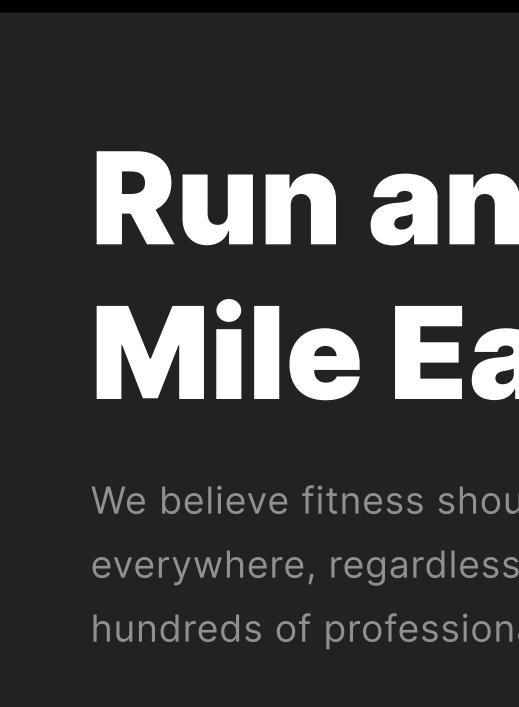
Video tutorial

**500+**

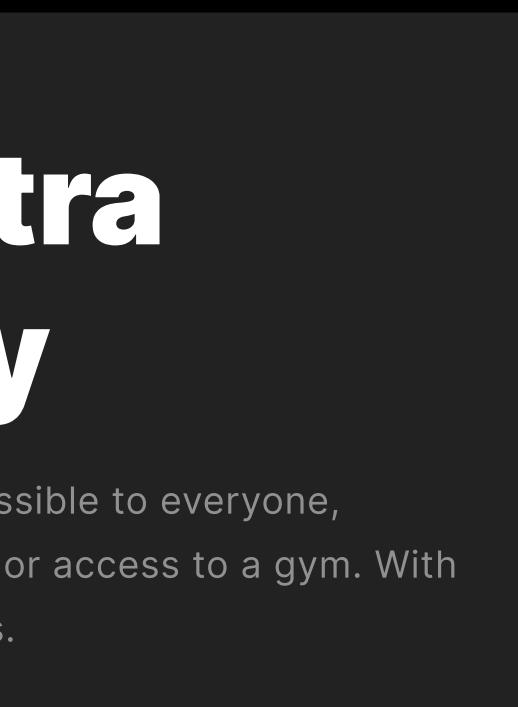
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Change Your Habits

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**Movement**

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**Time**

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**Practice**

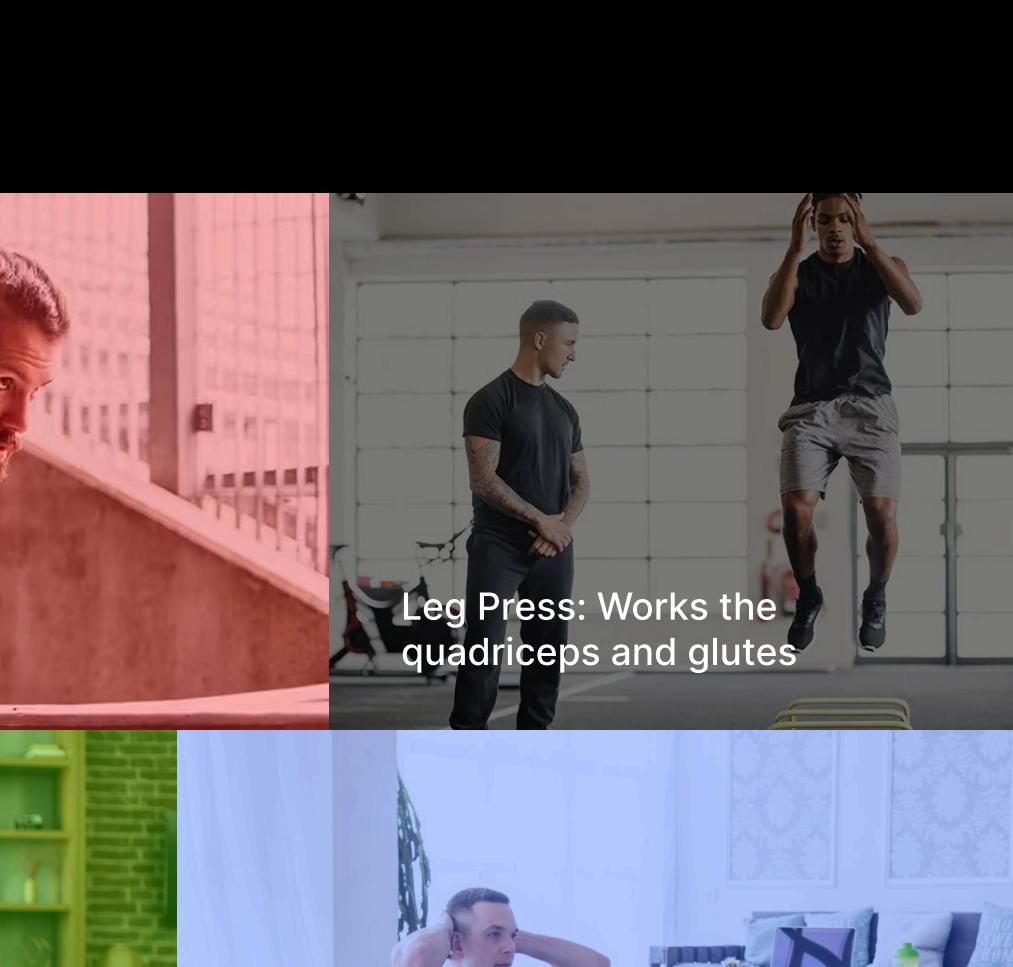
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**Weight Loss**

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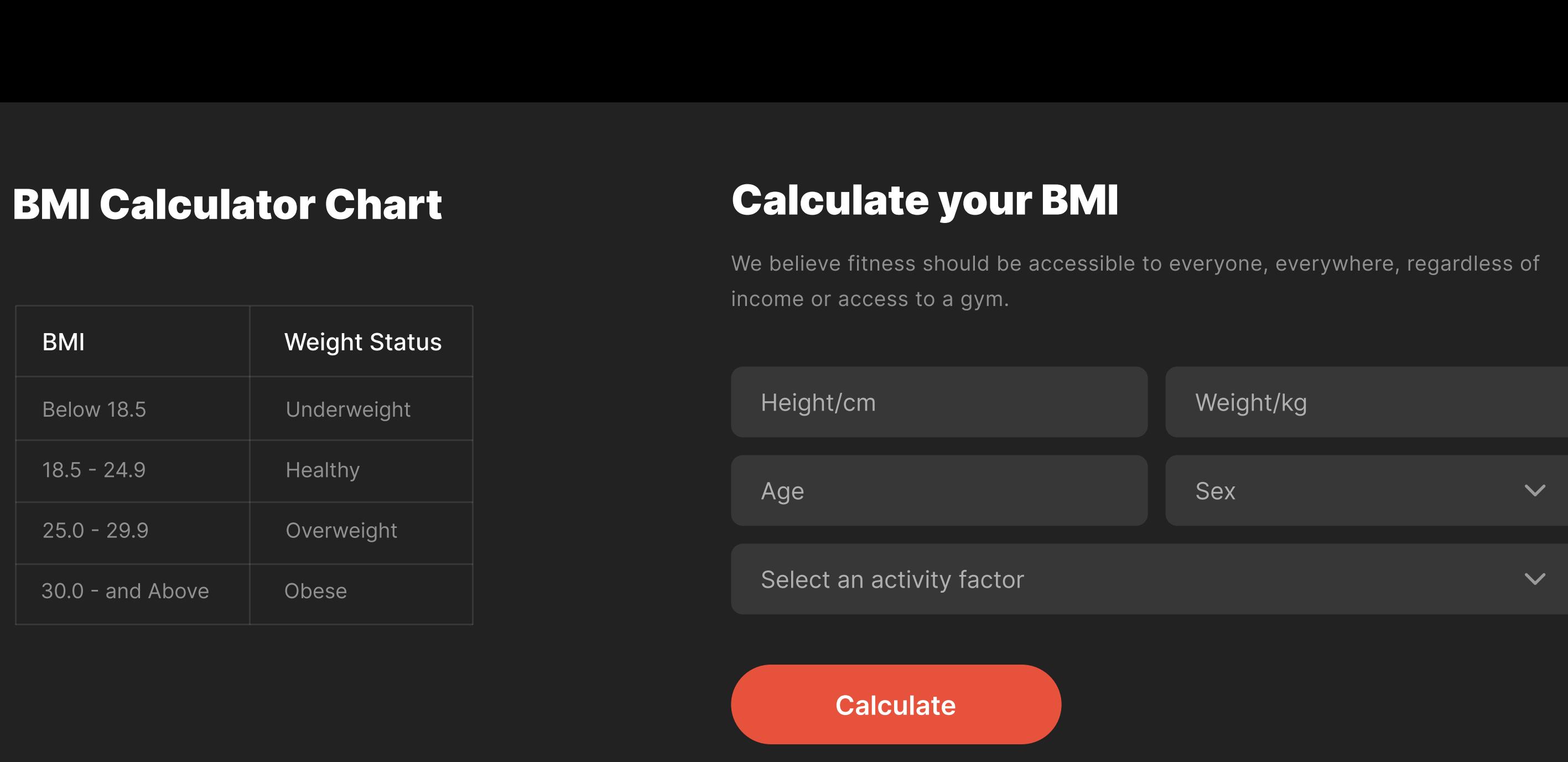
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Trainings and Exercises

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BMI Calculator

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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

Calculate your BMI

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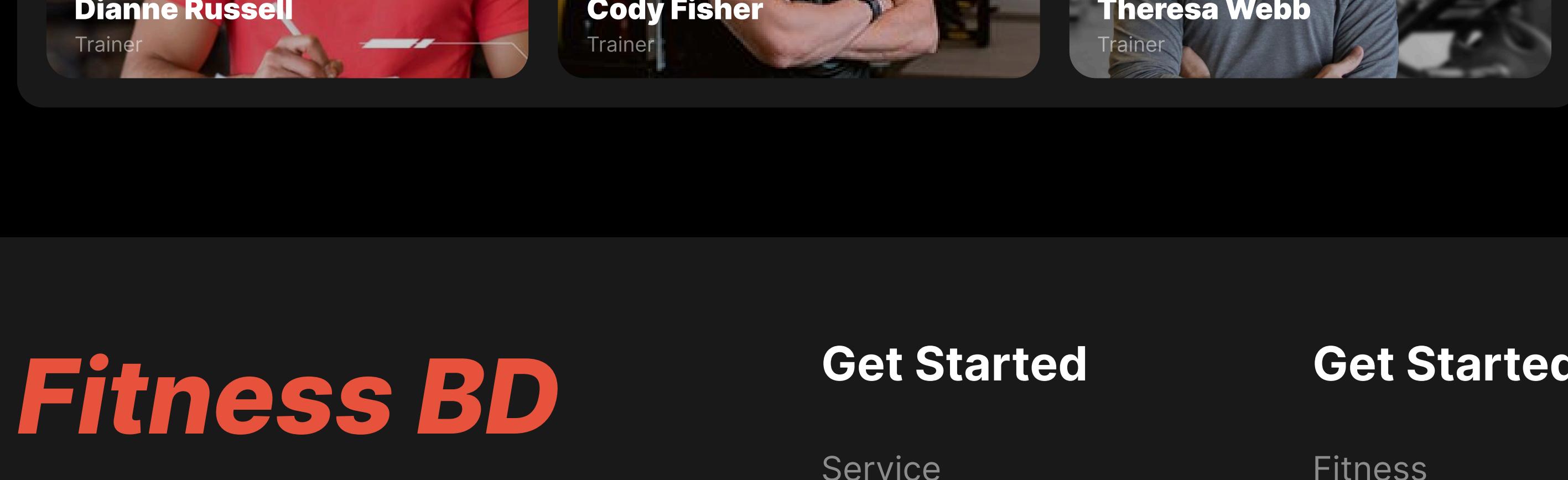
Height/cm

Weight/kg

Age

Sex

Select an activity factor

[Calculate](#)

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