

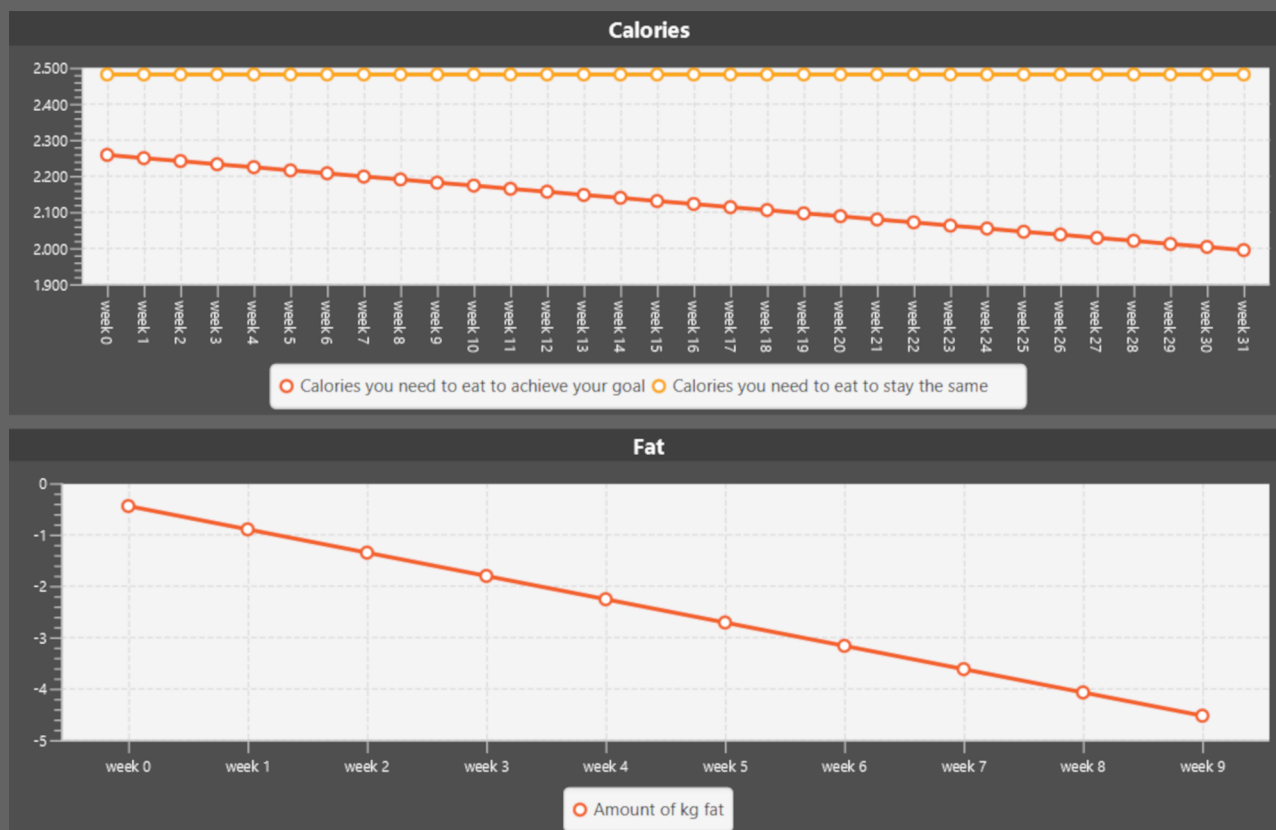
Body Conscious

In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.

39% of adults aged 18 years and over were overweight in 2016, and 13% were obese.

A visual image gives you a clear idea of the goal and this will motivate you.

Be the best version of yourself!



Give yourself insight into how many calories you can eat!!

Use your own personal body properties

| | | |
|---|--|---|
| Goal <input checked="" type="radio"/> Lose bodyfat <input type="radio"/> Gain bodyfat | Name Niels | Gender <input checked="" type="radio"/> Male <input type="radio"/> Female |
| Goal 15 | Height (cm) 185 | Weight (kg) 82 |
| Age 18 | Physical activity level 1.4 <small>1.2 = you are sedentary and do little or no exercise 1.375 = you exercise lightly or do sport 1-3 days/week 1.55 = you are moderately active and do exercise or sport 6-7 days a week 1.725 = you are very active with hard exercise or sport and a physical job or training twice a day</small> | % Bodyfat percentage (%) 17 |
| Save | | |