

Title: Health Guidelines Based on BMI (For RAG in HealthChecker)

1. BMI Classification (WHO Standard)

- Underweight: $\text{BMI} < 18.5$
- Normal: $18.5 \leq \text{BMI} < 24.9$
- Overweight: $25 \leq \text{BMI} < 29.9$
- Obese: $\text{BMI} \geq 30$

2. Recommendations

[Underweight]

- Risk of weakened immune system
- Eat more frequently and choose high-protein foods

[Normal]

- Maintain current weight
- Do aerobic exercise 3+ times a week

[Overweight]

- Consider reducing weight
- Cut sugar and avoid late-night snacks

[Obese]

- Higher risk of diabetes, heart disease
- Consult a medical professional; combine diet and exercise

3. Age-Based Guidelines

- 20s~30s: Forming healthy eating habits is critical
- 40s~50s: Risk of metabolic syndrome and hypertension increases
- 60+: Muscle maintenance and strength training is important

4. Smoking and Drinking

- Smokers have 2x risk of cardiovascular and lung disease
- Alcohol may cause liver damage and fatty liver
- Reducing alcohol/smoking improves health in 6 months

This document is used to support GPT-based reasoning in the HealthChecker project.