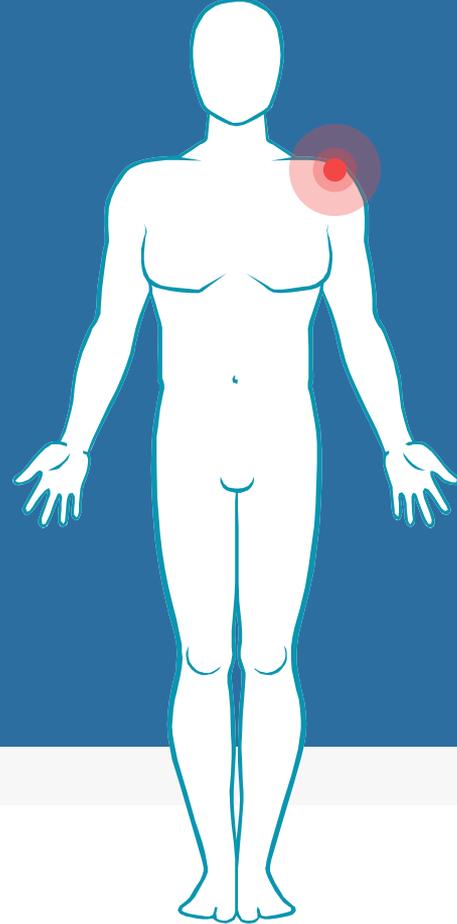


On-Call

Digital Resources

Underweight and its
influence on wellbeing



Risk of being underweight

- Even if it may look like an unpopular opinion at the first sight, the consequences of being underweight can be just as alarming as those of obesity.



Causes of being underweight

- Being underweight doesn't have to mean that you suffer from eating disorders, apart from that it may be caused by other reasons like medical treatment, diseases or simply eating too little.



Unhealthy fashion



- Nowadays being thin is in fashion. Skinny girls, especially in modeling world, are considered as more attractive than those with normal body mass. For that reason many young girls destroy their health in order to get as slim as its possible – even at cost of their physical and mental health.

Body Mass Index

- The easiest way to check if you have healthy body mass is to check your BMI

Formula: $\text{weight (kg)} / [\text{height (m)}]^2$



If your result is 18.5 or less it means that you are underweight, and if above 25 – that you are overweight

Treatment

- Gaining kilograms in a healthy way is a slow process – don't try to speed it up a little with junk food, and focus on healthy, regular meals and eating whole, rich in calories food.
- Exercising a bit also may help as it helps building muscle mass



Treatment

- Avoid everything that lowers your appetite – like drinking beverages before meal.
- If you struggle to gain weight for a long time, for medical reasons or due to some disease contact dietician or doctor.





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