

UNDERWEIGHT AND ITS INFLUENCE ON WELLBEING

Check your BMI

Check if you have healthy amount of fat by calculating your Body Mass Index. Bear in mind that it is not a perfect index and it can f ex. Overestimate your fat level if you have a lot of muscles.



Avoid empty calories

Even if empty calories will not help underweight people to gain more weight, junk food will not provide them with vitamins and minerals they lack. Better idea is to choose healthy calories-dense food.



Underweight people get sick more often

Being underweight often result in decreased immune response with leads to being less resistant to infections and diseases.



Dangerous trend

Many people, most often woman, wants to become underweight in order to become more attractive, and belittling effects it may have on their health.

