



# Anyone can develop metabolic imbalances

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe diet can modify factors that impact your health and wellbeing...



## Diet and exercise are factors in health...

There are certain factors to your health which are modifiable, meaning you can change them. What you eat and how much exercise you do are two important factors.



What you need to know about your health status?



It's a good idea to familiarise yourself with your current health statistics to help identify where you might need to focus diet and lifestyle interventions. You may need to visit your GP or a nutrition healthcare professional.

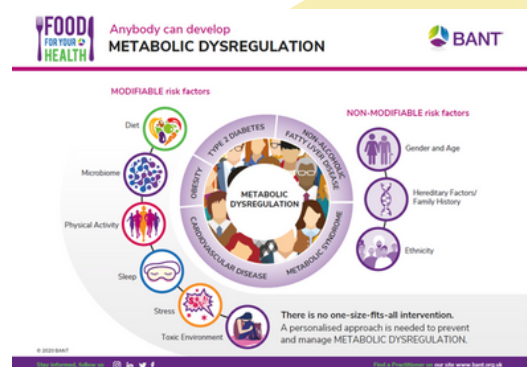
- Weight & BMI\*
- Blood Pressure & Pulse Rate
- Blood Cholesterol Levels
- Blood Sugar Levels



How well do you know your health?



Metabolic imbalances can creep up on you slowly, especially if your diet is not balanced or you are not doing enough exercise. Knowing your health stats is a good place to start understanding how healthy you are. When was the last time you had a check up?



Download the infographic

\*<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>