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 Cc:
 Subject: BMI Risk Assessment Report

Healthy Weight For Life

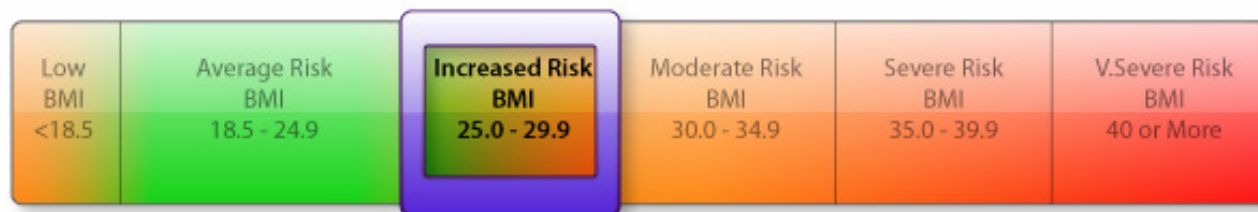
Dear test

Thank you for using our [BMI assessment tool](#) on the [Healthy Weight for Life](#) website.

For your records, as at 11th May 2009, you stated that your weight was 89kg and your height was 180cm.

Based on these parameters, **your BMI is 27.5.**

To understand what this number means for you, please see your report below.



INCREASED RISK: You are currently at increased risk of developing health complications as a result of your weight*.

IT IS IMPORTANT THAT YOU DISCUSS YOUR BMI WITH YOUR DOCTOR

6 FREE keys to successful lifestyle modification

For any lifestyle modification program to be successful in the long term, it needs to be holistic in its approach and include the adoption of a number of new healthy habits in relation to eating, activity, habits and attitude.

The 6 keys to success are:

1. [Planning](#) – Take time to plan a program for yourself, it's an important first step towards long term weight management success. Discover how we can assist you to plan your healthy weight program to suit your objectives
2. [Healthy Eating](#): – Being aware of your energy intake and making changes to what you eat and drink and how much you eat and drink will help you to achieve a healthy weight. For some tools to assist you in your new healthy eating plan go to the Healthy Eating for Life page.
3. [Physical Activity](#) – Recognise that sustainable physical activity habits are achieved by consistently and gradually building up to a level that is realistic and beneficial. For some hints and tips on how to increase your activity over time go to the Activity for Life page.
4. [Progress Tracking](#) – Record your progress over the course of your program. It's essential to