

7 indicators for you to check your health better than BMI

A person's health statistics are not based on his or her weight and it is not related to weight either, because sometimes heavy weight is not necessarily strong, but lack of weight is not necessarily weak.

Health is an issue that most of us care about. But when it comes to health, many people only care about weight, or the number of calories loaded into the body. However, the fact that human health is not entirely dependent on these indicators, these indices cannot fully reflect your health status.

Due to being too preoccupied with weight, being overweight or underweight, we will assume that is 'weak', but in fact it is not, to know how our bodies are, we need depends on more factors. According to dietitian Malina Linkas Malkani and Dr. Nesochi Okeke-Igbokwe have studied human health through indicators, below are really things you need to care about, not weight.

1. Number of waist measurement (waist)



According to dietitian Malina Linkas Malkani and Dr. Nesochi Okeke-Igbokwe agree that waist measurement has a significant impact on each person's health. If you monitor your waist measurement regularly, you can completely prevent dangerous diseases like stroke, insomnia or heart disease.

Nutritionist Malina Linkas Malkani said, "The waist measurement is used to determine the amount of fat surrounding the abdominal cavity. This indicates exactly obesity, heart or other illnesses, not as much when weight people are not big but still have a big weight".

2. Number of cups of drinking water every day

See also: How to drink water right? See advice from experts!



Water is an extremely important and necessary ingredient for everyone's health. But many of us do not know the value of water to the body.

Many people often assume that every day we need to drink enough 2 liters or 8 glasses of water a day for our body, but this is not really accurate. How much water each person needs to drink a day will depend a lot on factors such as age, gender, amount of activity per day, climate . And urine color test is the way to know muscle. I have been supplied with enough water.

3. Blood pressure in the body



Blood pressure is a problem that one of us needs to care about, not just the elderly.

Dr. Okeke-Igbokwe said: "If the blood pressure is too high, it may break the vital vessels in the body, but if it is too low, we will not have enough blood to circulate the organs properly. productivity ".

When high blood pressure will lead to extremely dangerous health problems such as heart disease, stroke . So check your blood pressure when you have the opportunity to ensure your own health.

4. The amount of vegetables absorbed into the body

See also: Experts point out the exact number of meat, fish, vegetables . need to eat every day to keep the body healthy



Malkani experts said that when it comes to vegetables, fruits . people often think about weight loss, dieting. But vegetables and fruits provide a lot of nutrients and vitamins for the body. She said, eat as many vegetables as possible instead of concentrating large amounts into a certain category.

5. Cholesterol index



Like blood pressure, cholesterol levels seem to be numbers only for older people. However, according to Dr. Okeke-Igbokwe, everyone should monitor good and bad cholesterol levels in the body. For people after 20 years of age, every 5 years should check your cholesterol level once to check your health.

For people with a history of heart disease, more tests should be done to get timely treatment.

6. Uptime or number of steps

1. Exercising 21 minutes a day can increase life expectancy by more than three years



Physical activity has an extremely important factor for every person, it helps build strong bones, reduce disease and improve mood.

It doesn't matter what you do, as long as your body is active at regular intervals during the day.

According to Dr. Okeke-Igbokwe recommend that, every day you should spend 30 minutes of walking will help reduce the risk of disease and enhance life expectancy. Build a practice right now.

7. Number of sleep hours per day



Sleep is an extremely important factor that determines our health. At each age, there is a different sleeping time. For adults 18 years of age should sleep 7-9 hours per day. A good and enough sleep will help reduce the risk of certain diseases such as heart disease, diarrhea or stress .

Research at the University of California, Berkeley showed that the fewer hours of sleep, the longer life expectancy will be. If you want to live longer, sleep enough hours, not missing and should not be excessive.

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