



Eerst meten dan maatwerk

$$\text{BMI} = \text{KG}/\text{M}^2$$



> 40
Extreme Obesitas



> 30
Obesitas



> 25
Overgewicht (?)



> 18
Normaal



< 18,5
Ondergewicht



> 40,0
Extreme Obesitas



30,0 - 39,9
Obesitas



25,0 - 29,9
Overgewicht

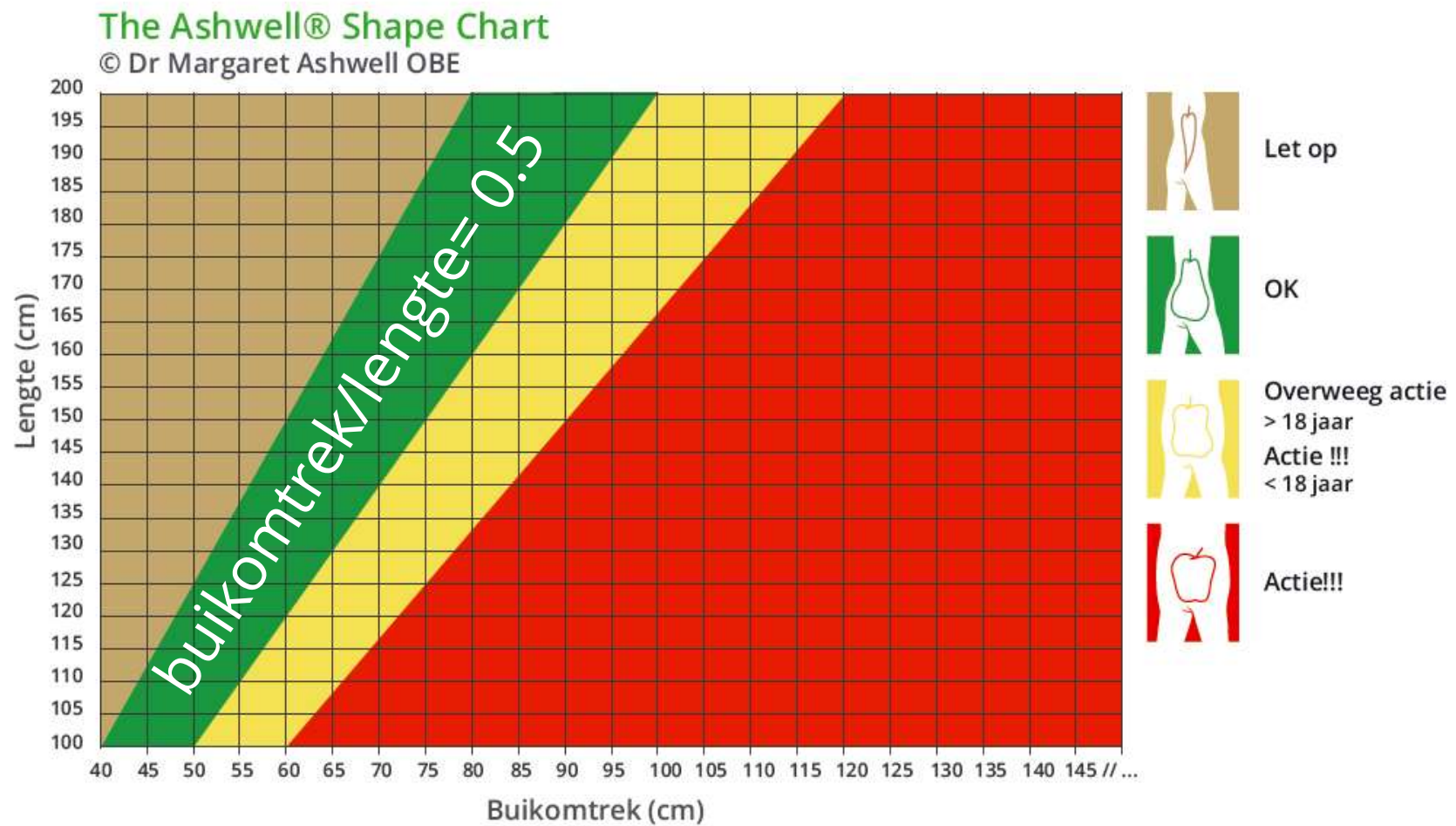


18,5 - 24,9
Normaal



< 18,5
Ondergewicht

BUIKOMTREK/LENGTE



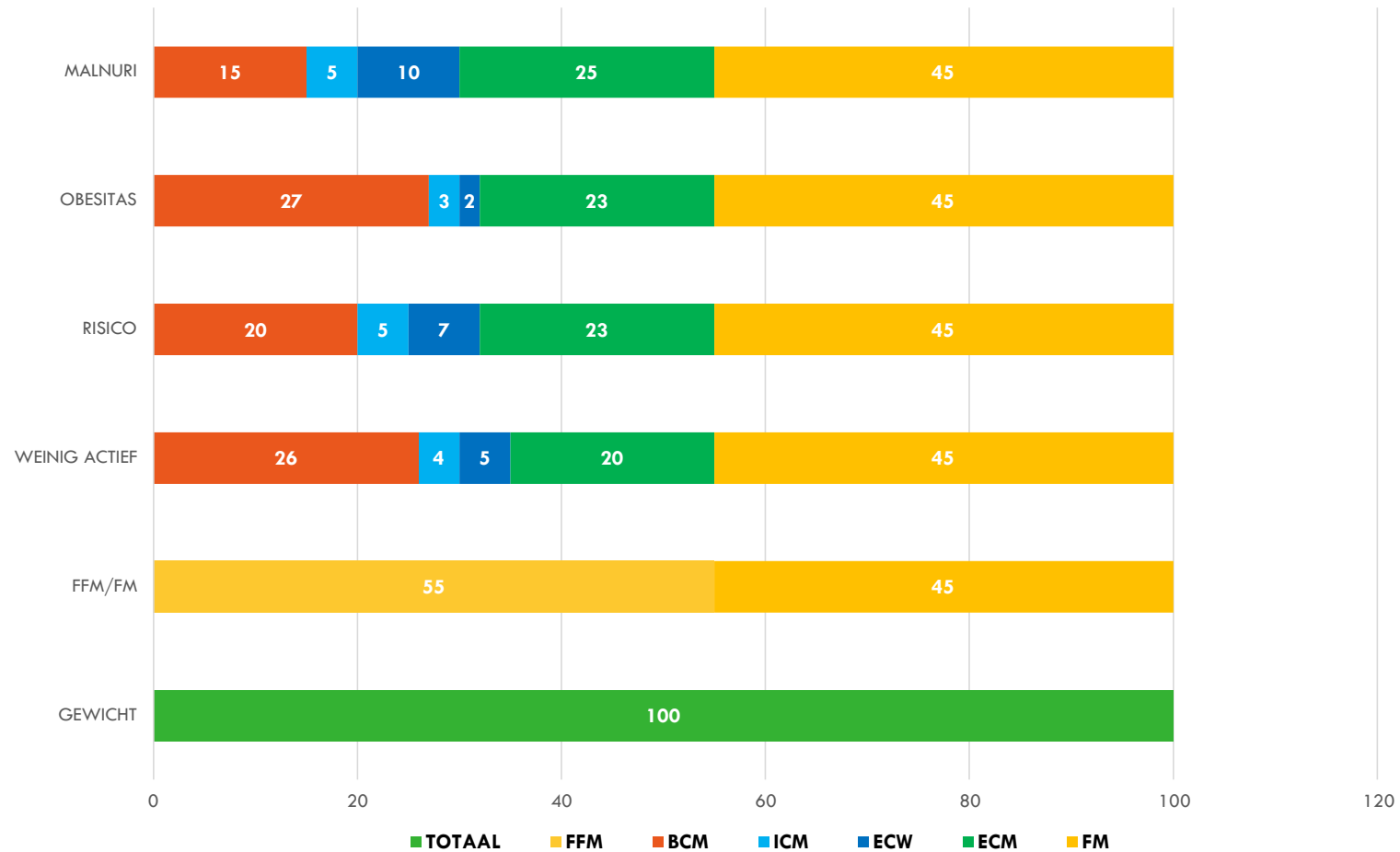
BI(V)A



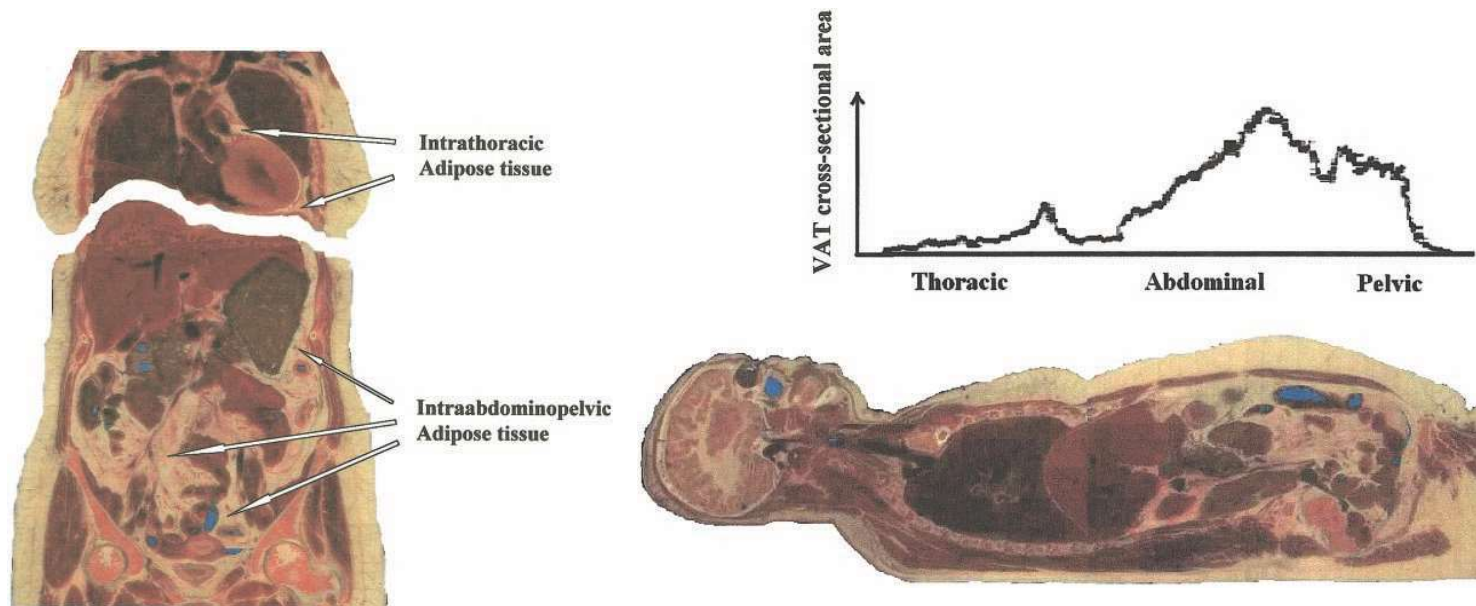
HOE IS JE GEWICHT SAMENGESTELD?



DE ENE 100 KG IS DE ANDERE NIET



4 COMPARTIMENTEN: VETMASSA

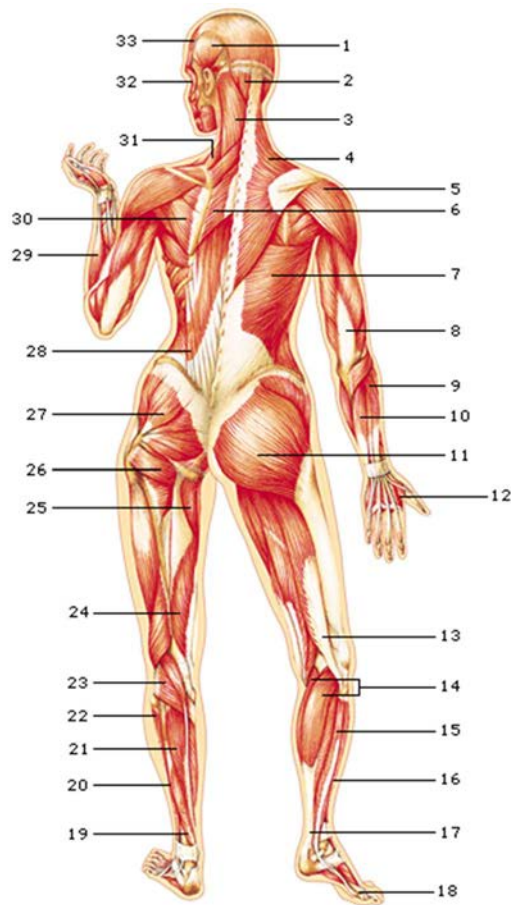


Adipose Tissue Quantification by Imaging Methods: A Proposed Classification, Wei Shen,^{*} ZiMian Wang,^{*} Mark Punyanita,^{*} Jianbo Lei,^{*} Ahmet Sinav,[†] John G. Kral,[‡] Celina Imielinska,[§] Robert Ross,[¶] and Steven B. Heymsfield^{*} OBESITY RESEARCH Vol. 11 No. 1 January 2003

4 COMPARTIMENTEN: ECM & BOTTEN

- Het steun en transportcompartiment.
- Cellen die geen zuurstof verbruiken of CO² produceren
- Bindweefsel, steunweefsel, vocht buiten te cellen

4 COMPARTIMENTEN: BCM



1. Bio-actieve cellen in spieren, organen, weefsels :

- verbruiken zuurstof en produceren CO_2
- bevatten veel water

2. De motor van je lichaam

3. Bepalen je basisbehoefte aan :

- Energie
- Eiwitten, Vetten, Koolhydraten
- Mineralen, Spoorelementen en Vitaminen

Energieverbruikers van je lichaam

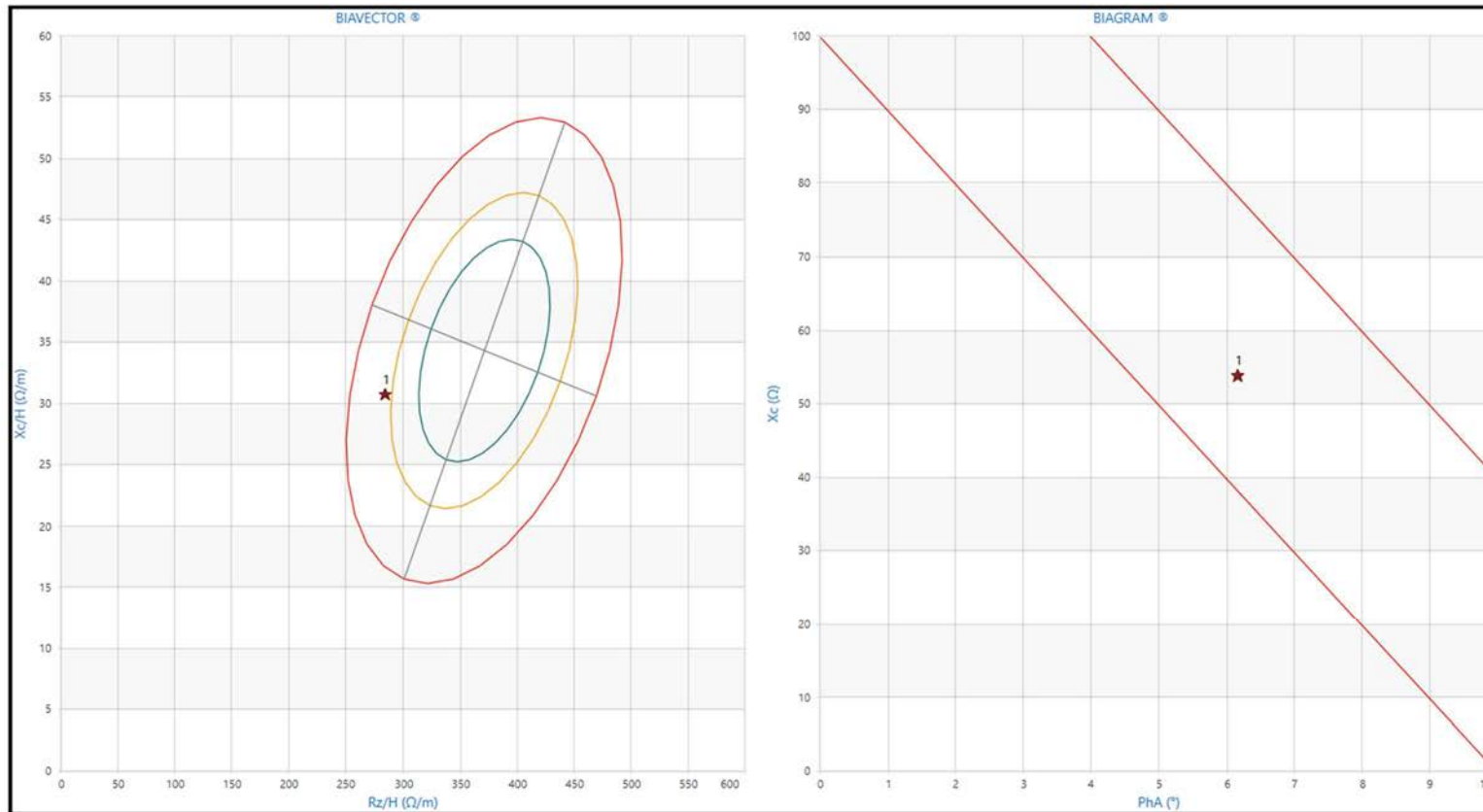
GEWICHTSPROFIEL: EOSS



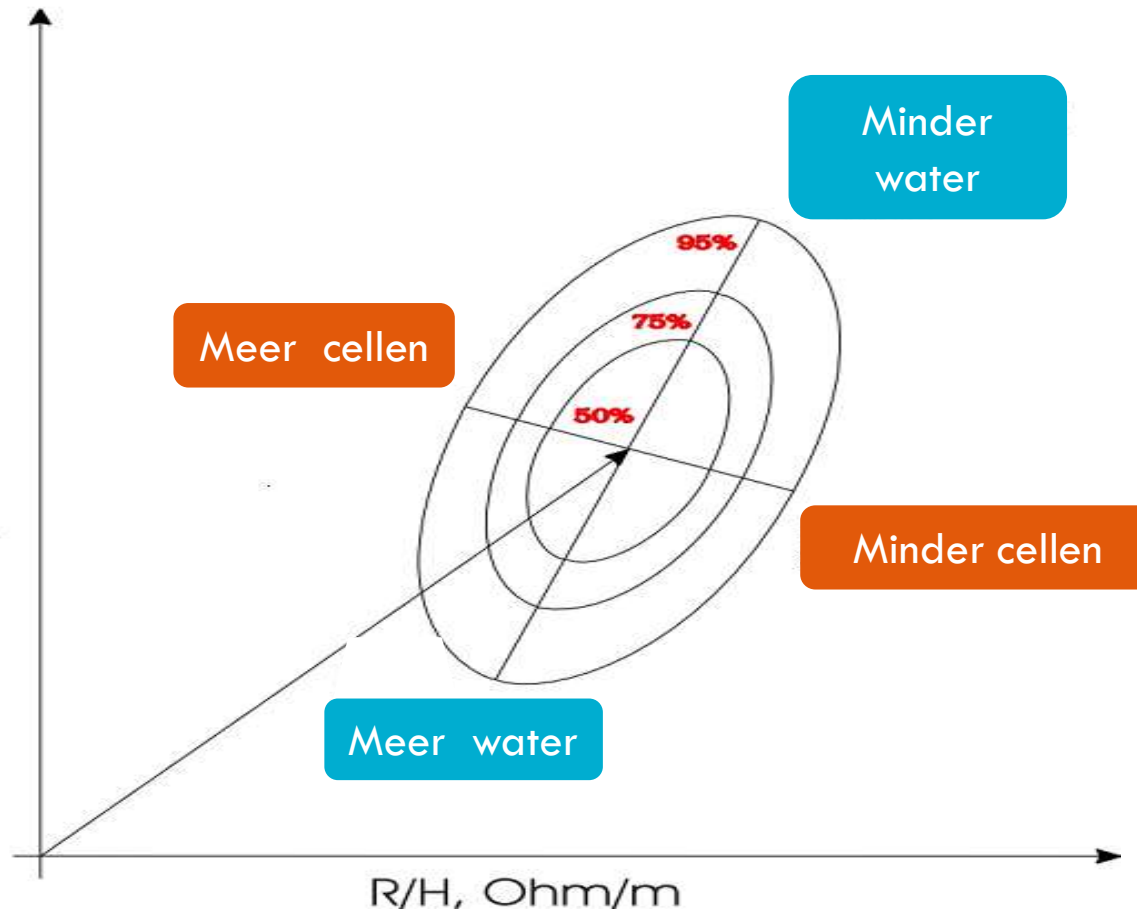
Hoe belangrijk is het voor je gezondheid om nu gewicht te verliezen:



GEWICHTSPROFIEL: BIVA



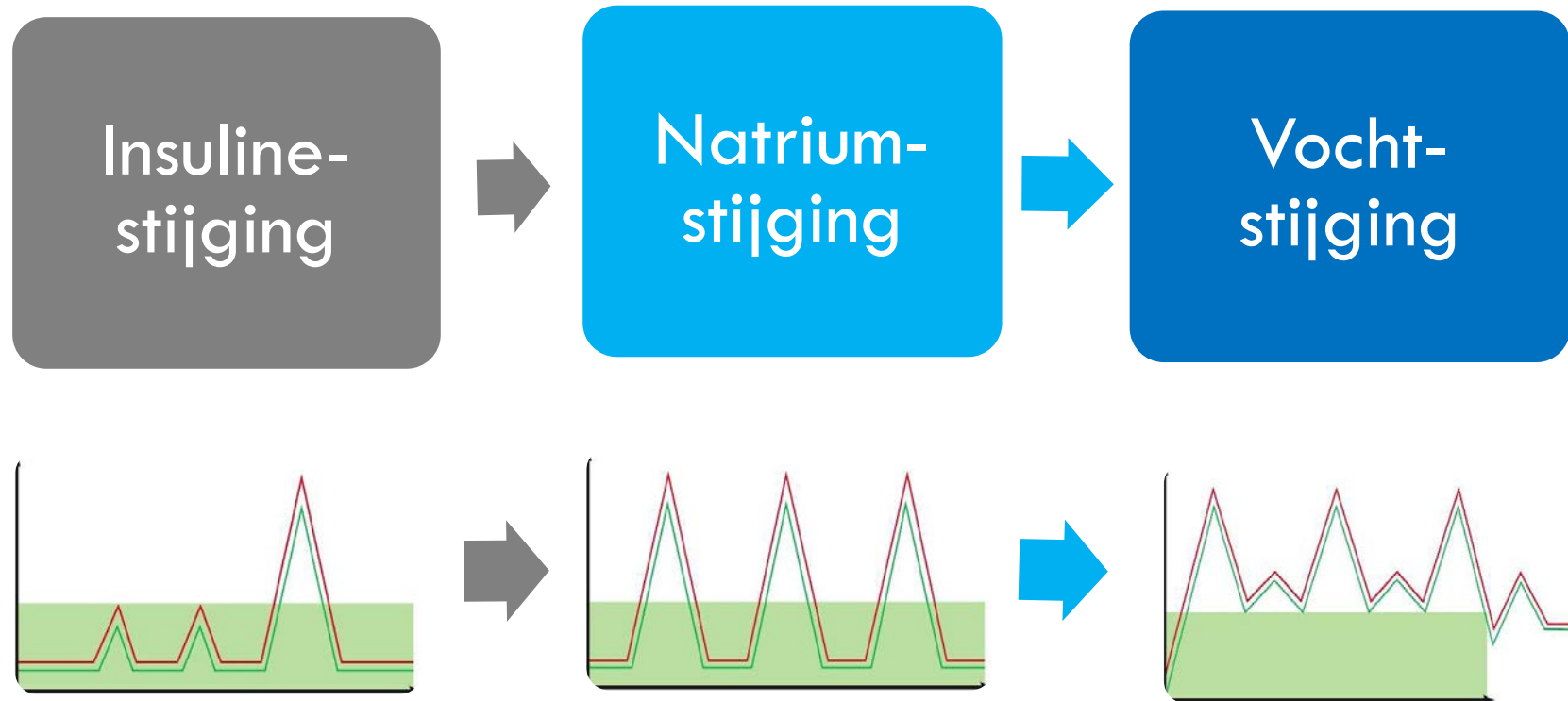
STREVEN NAAR VOCHTEVENWICHT



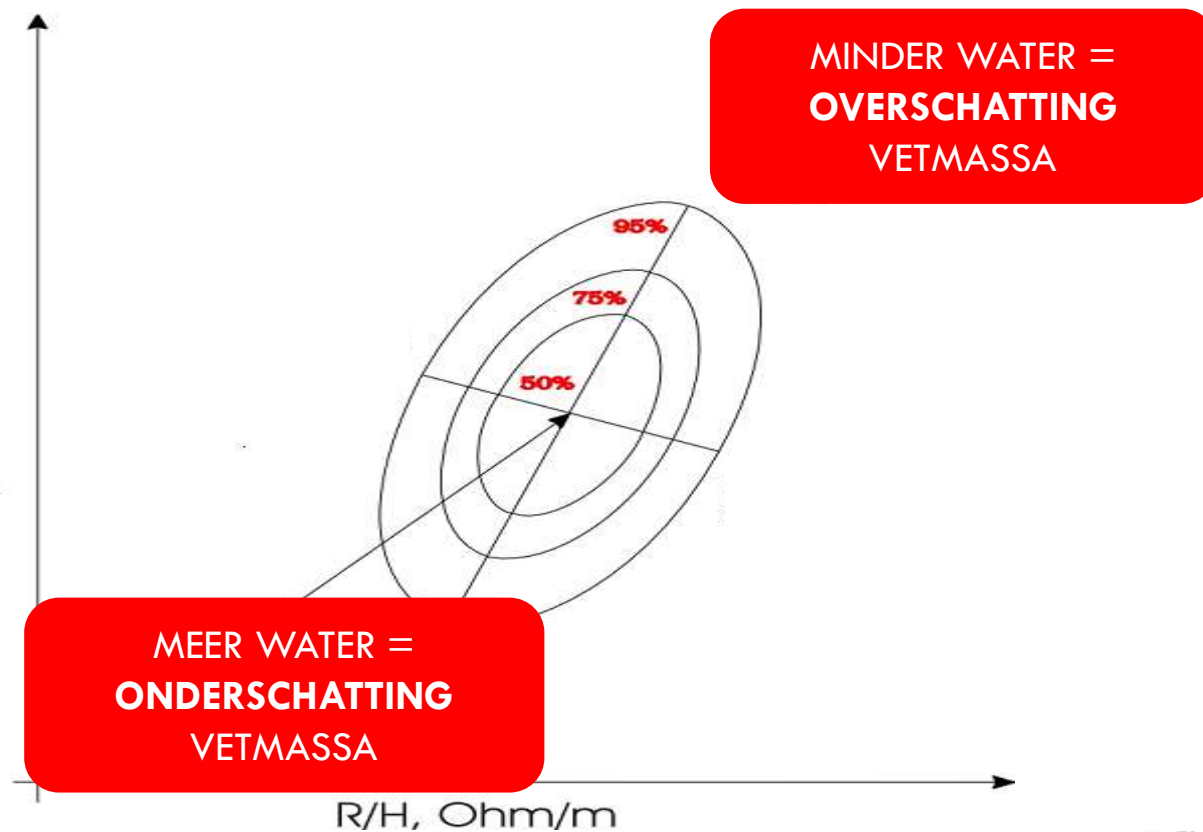
International Journal of Obesity (1998) 22, 97-104
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A. Piccoli *et al.*

JE MAALTIJDSHEMA & JE LICHAAMSWATER



JE LICHAAMSWATER



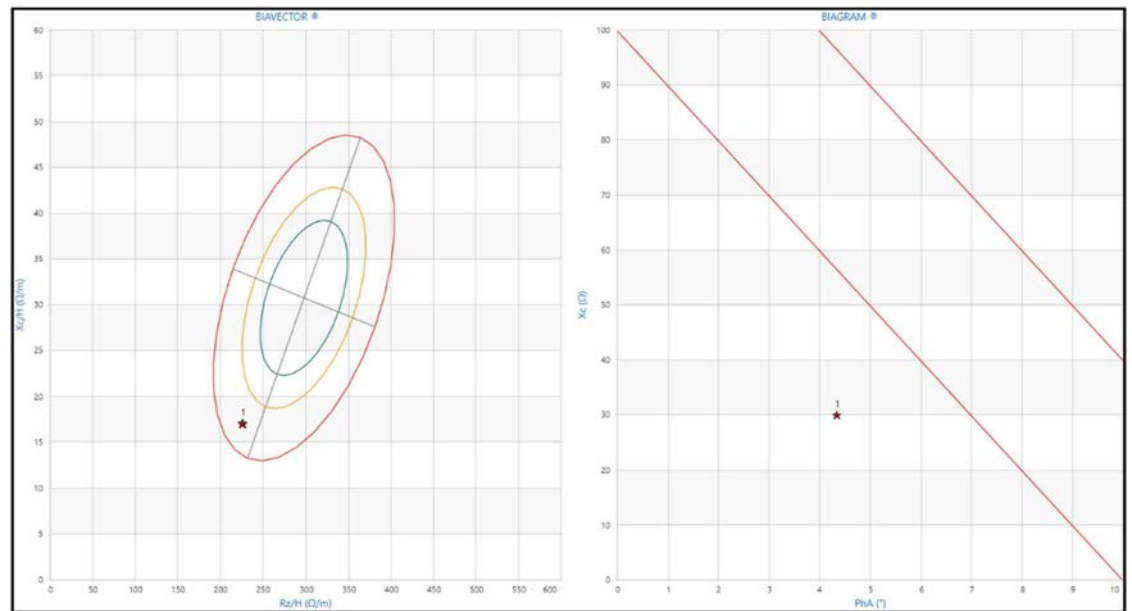
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A. Piccoli *et al.*

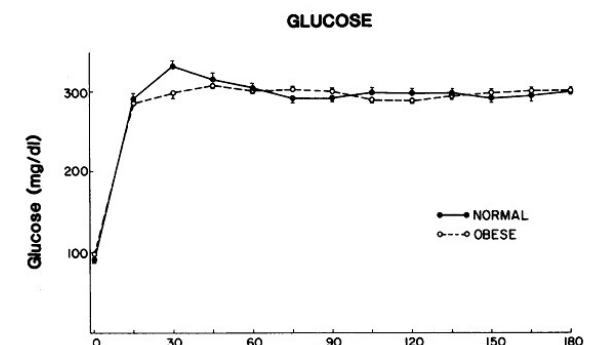
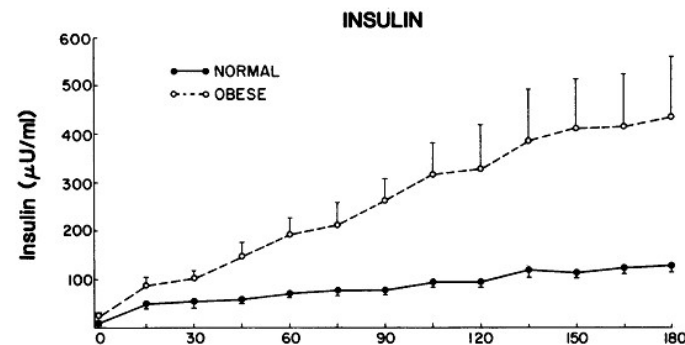
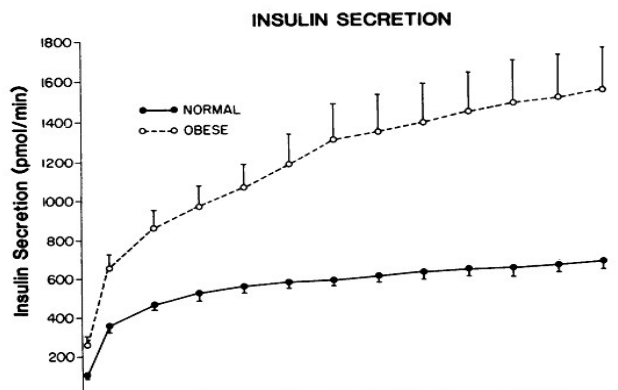


WANNEER
WAT
HOEVEEL

EXTRA VOCHT- EN ENERGIEDEPOT



INSULINE: EEN ANDERE REACTIE BIJ OVERGEWICHT

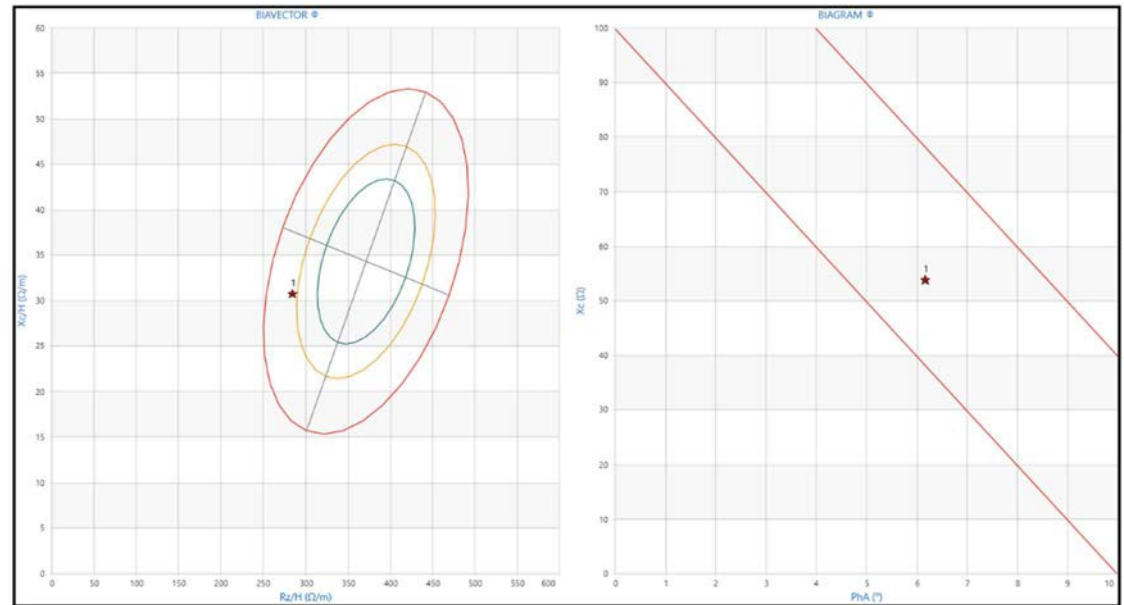


13. Polonski, K., B. Given, and E. Van Cauter. 1988. Twenty-four hour profiles and pulsatile patterns of insulin secretion in normal and obese subjects. *J. Clin. Invest.* 81:442-448.



HOVEEL
WANNEER
WAT

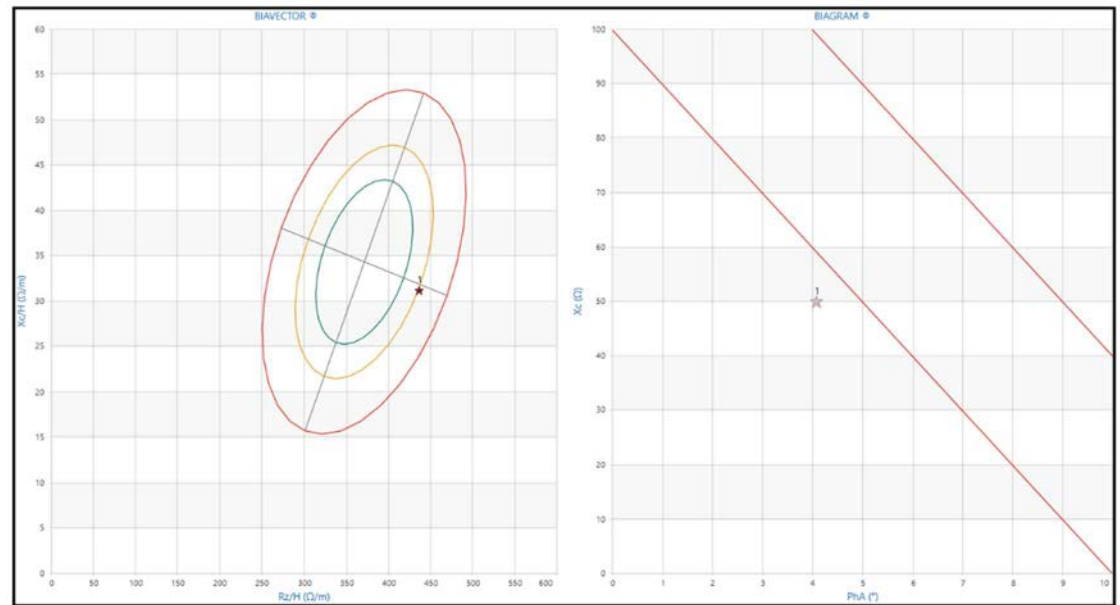
EXTRA ENERGIEDEPOT





WAT
WANNEER
HOVEEL

EXTRA ENERGIEDEPOT, MINDER CELMASSA





HOVEEL
WANNEER
WAT

EXTRA (BEPERKT) ENERGIEDEPOT

