

Case study

Sam is 167cm tall and weighs 112kg. Apart from a very short walk from his car to his office, Sam does not participate in any physical activity. Sam spends most of his day at his desk, dealing with queries, researching new IT solutions and processing orders. In his free time Sam watches films and plays online games, which can often lead to going to bed around 1-3am. Sam does not see friends or family often and instead speaks to people through online games.

Calculate Sam's BMI?

Can you state the possible consequences of Sam's current lifestyle?

What recommendations would you make to Sam in order to change his sedentary lifestyle?