

Gladstone Medical Centre



**First
Wealth
Is
Health**



Take the stairs

The Body Mass Index (BMI) is a tool that can be used to tell how healthy a person's weight is. You can use the BMI to find out if you're a healthy weight for your height.



Check your BMI today- contact the receptionist.

You can also check your BMI from our web site at
<http://www.gladstonemed.co.uk>