

You really could be just big-boned

BMI is calculated by dividing your weight (in kilograms) by your height (in metres) squared. If you're one of the legions of slim, fit and healthy people whose BMI (Body Mass Index) makes them "technically" overweight, this story will be music to your ears.

A new test is about to launch — called the ABSI.

BMI is calculated by dividing your weight (in kilograms) by your height (in metres) squared. It has been widely criticised for years.

"The BMI is flawed because it doesn't take into account where you carry fat or how muscular you are," says Sue Baic, a dietician from Bristol University.

"A woman with a fat stomach, thick waist and skinny arms and legs could be deemed a healthy weight - yet people who carry fat around their mid-section are more at risk of heart disease, diabetes and even certain cancers."

Now there's the ABSI (A Body Shape Index), which experts claim is a better indication of whether a person has a "hazardous body shape".

To calculate your ABSI you take your waist measurement (in centimetres) and divide that by the square root of your height (in centimetres) multiplied by the square of the cube-root of your BMI.

Gulp! "It's a very complicated formula!" says Sue.

"But an online calculator is in development. I think it's a brilliant measure of how healthy you are and it could end up replacing BMI." - Daily Mail