



BIG REWARDS FOR SMALL WEIGHT LOSSES

Research shows that if you're overweight, even a very modest weight loss can yield big rewards. For example, a weight loss of only 5 to 10% of your body weight can immediately lower your risk for many diseases, particularly heart disease and stroke. And if you're able to maintain a healthy weight, you extend these benefits. What's more, you'll probably have more energy, higher self-esteem, and a brighter outlook.

What's a healthy weight for me?

Not everyone can be—or should be—skinny. But everyone CAN be healthier. Reaching and maintaining a healthy weight is one of the best things you can do to be healthier. But what is a healthy weight for you?

Common measures

Doctors commonly use two different measures to assess body weight:

- **Body Mass Index (BMI):** BMI is a mathematical formula that expresses the ratio of your weight to your height. Studies have shown that this ratio is a better predictor of body fat than any other measure of height and weight. All adults with a BMI of 25 or more are considered to be at risk for premature disability and death. This risk increases as the severity of overweight increases. *Use the table on the next page to determine your BMI.*
- **Waist circumference:** Studies have shown that if you tend to carry your extra weight around your waistline—if you have an “apple-shaped” body—you have a higher disease risk than people who carry their excess weight on their hips and thighs. *To learn your waist circumference, use a tape measure to measure around your natural waistline (right above your hipbones).*

Determining your risk

If you're overweight, your risk of having health problems—such as diabetes, heart disease, and stroke—is increased. If you carry your extra weight around your waistline, your risk is higher still. *Use this table to gauge your risk.*

BMI	BMI category	Waist circumference 40 inches or less (men) 35 inches or less (women)	Waist circumference More than 40 inches (men) More than 35 inches (women)
		Your RISK...	
18.5 or less	Underweight		
18.5 - 24.9	Normal		
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very high
35.0 - 39.9	Highly Obese	Very high	Very high
40 or greater	Extremely obese	Extremely high	Extremely high

Body Mass Index (BMI) Table

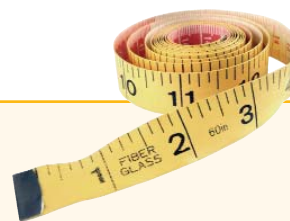
BMI	Normal						Overweight					Obese									
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Body Weight (pounds)																				
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320



To use the BMI table, find your height in the left-hand column, and then move across to your weight. The number at the top of the column is your BMI. Keep in mind that BMI should not be the only tool used to assess risk. For example, **people with high muscle density (such as athletes) may be perfectly healthy at a higher BMI.**

You can also calculate your BMI using the formula below:

$$\text{BMI} = \left(\frac{\text{Weight in pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$



Where am I today?

Date: _____ **Height:** _____ **Weight:** _____

My BMI: _____, which places me in the following category:

- underweight normal overweight obese highly obese extremely obese

To be in the "overweight" category (25-30), I need to lose _____ pounds*

To be in the "normal" category (<25), I need to lose _____ pounds*

My waist circumference: _____

My risk category (from the risk chart on the previous page):

- increased high very high extremely high