



## How does YOUR weight rate?

Two tools are important in determining an appropriate weight for good health:

- **Body Mass Index (BMI)** – Body mass index is a calculation of your height and weight that can correlate your weight to your risk for medical problems. BMI is a reliable indicator of total body fat and is valid for both men and women but it does have some limits. The **limits** are:
    - It may **overestimate** body fat in athletes and others who have a muscular build; it may **underestimate** body fat in older persons and others who have lost muscle mass.
- ⇒ **Calculate your BMI here:** <http://www.nhlbisupport.com/bmi/>

<b>Underweight:</b>	<b>Less than 18.5</b>
<b>Healthy:</b>	<b>18.5 – 24.9</b>
<b>Overweight:</b>	<b>25 – 29.9</b>
<b>Obese:</b>	<b>30 – 39.9</b>
<b>Extreme Obesity:</b>	<b>40 and above</b>

- **Waist Measurements** – It is recommended to measure waist size in addition to BMI. Body fat around the abdomen increases the risk of chronic diseases, whereas weight carried below the waistline poses less risk. These body shapes are often referred to as “apple” and “pear.”

Measure your waist at the smallest area close to the navel, making sure to keep the tape parallel to the floor. Be sure the tape is snug but does not compress the skin. Measure your waist after exhaling normally.

<b>Waist Circumference</b>	<b>Pear</b> 	<b>Apple</b> 
<b>MEN:</b>	<b>40” or Less</b>	<b>More than 40”</b>
<b>WOMEN:</b>	<b>35” or Less</b>	<b>More than 35”</b>

For more information on how you can assess your current weight and prevent weight gain, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

**Shape Your Future... Your Weigh!™**