



What is a Healthy Weight?

How do you know if you are at a healthy weight? One way is to use the body mass index, or BMI. BMI is a measure of your body based on your height and weight. You can calculate your BMI by using the chart on the next page in this resource book. There are many websites with online BMI calculators including the Step Ahead website www.stepaheadprogram.com , and also <http://www.nhlbisupport.com/bmi/> , and <http://www.bmi-calculator.net/>.

Adult BMI (over age 18) is classified by ranges indicating healthy weight, overweight or obesity. They are:

Healthy weight	19-24.9
Overweight	25-29.9
Obese	30 and above

BMI above 25 may put people at a greater risk of health problems, and the risk is even greater with BMI of 30 and over. If you would like to lose weight to lower your BMI, talk with a health care provider and review the healthy eating, physical activity and healthy weight ideas and tools in this resource book. This is a slow, steady, lifestyle approach to losing weight and keeping it off, and we have based it on scientific evidence of what works over time.

