BODY MASS INDEX (BMI):
- BMI is a weight and height ratio
- The index helps determine your risk of developing diseases related to obesity
- A healthy BMI is between 18.5 and 24.9

<table>
<thead>
<tr>
<th>BMI Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 18.50</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.50 to 24.99</td>
<td>Healthy weight</td>
</tr>
<tr>
<td>25.00 to 29.99</td>
<td>Overweight</td>
</tr>
<tr>
<td>≥ 30</td>
<td>Obese</td>
</tr>
</tbody>
</table>

BMI does have some limits, it may overestimate body fat in athletes and others who have a muscular build.

WAIST CIRCUMFERENCE:
- Estimates overall health risks.
- Estimates visceral fat, the dangerous fat.
- Tends to be more accurate than BMI alone.

<table>
<thead>
<tr>
<th>Health Risk</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Risk</td>
<td>Below 31.5 inches</td>
<td>Below 37 inches</td>
</tr>
<tr>
<td>Moderate Risk</td>
<td>31.5 to 34.5 inches</td>
<td>37 to 39.5 inches</td>
</tr>
<tr>
<td>High Risk</td>
<td>35 inches or more</td>
<td>40 inches or more</td>
</tr>
</tbody>
</table>
What are the health risks of being overweight or obese?

People who are overweight or obese have a greater chance of:

- High Cholesterol
- Stroke
- Diabetes
- Heart Disease
- High Blood Pressure

Many of these diseases and conditions can be prevented by maintaining a healthy weight and following a healthy lifestyle, including a well-balanced diet and regular physical activity. A healthy weight also has many other benefits including giving you more energy.

If you are overweight or obese, even a small weight loss (10% of your current weight) lowers the risk of several diseases.

Develop a healthy weight management plan.

**A PLAN:**

- Encourages you to set specific, realistic goals
- Emphasizes fruits, vegetables, whole grains
- Includes lean meats
- Includes vegetarian sources of protein such as beans, nuts, and seeds
- Controls portion sizes
- Includes 30 minutes of moderate physical activity most days of the week
- Is sustainable in the long-run

Healthy Weight Tip: Losing 0.5-2 pounds per week is a reasonable and safe weight loss rate. It will also give you the time to make new healthy and sustainable lifestyle changes.