

Know Your Numbers: BMI



What is BMI?

Body Mass Index (BMI) is a measure of body fat based on height and weight. This tool indicates whether a person is underweight, overweight, obese, or at a healthy weight for their height. BMI is a good measure of one's risk for diseases that can occur if they are out of the healthy BMI range. If you are at a healthy weight, you are at a lower risk of developing health issues. You will also have more energy and feel good about yourself!

Losing Weight and Maintaining It

Set Goals: It's important to set weight loss goals right from the beginning and to lose weight slowly over time rather than all at once so you don't regain it. Losing 1-2 pounds a week is a reasonable goal.

Keep a Balance: To maintain a healthy weight you need to balance energy over time. If you use the same amount of energy in and out over time, then your weight will stay constant. But if you put more energy out than in, you will lose weight.

Eat Healthy: Control your portion sizes, eat more fruits, vegetables, and whole grains, and be aware of your salt and sugar intake. Eat foods that are lower in fats and cut back on the calories.

Be Physically Active: Start slowly and increase your activity over time. Do 15 minutes to begin with and aim for a higher goal each week.

Did You Know?

As your BMI score goes up, you are more likely to develop one or more of the following conditions...

- High blood pressure
- Heart attack
- Coronary heart disease
- Type 2 diabetes
- Stroke
- Certain cancers
- Breathing problems
- Gallbladder disease

By maintaining a healthy weight, you will have...

- Fewer muscle and joint pains
- Increased energy
- Improved blood pressure
- Reduced risk for heart disease and certain cancers
- Improved sleep patterns

Body Mass Index (BMI) Table (Adult Men & Women)

	<i>Underweight</i>				<i>Normal</i>				<i>Overweight</i>				<i>Obese</i>					
BMI	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
<i>Height</i>	<i>Body Weight (pounds)</i>																	
4'10"	77	82	86	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158
4'11"	79	84	89	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163
5'	82	87	92	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168
5'1"	85	90	96	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174
5'2"	88	93	99	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180
5'3"	91	96	102	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186
5'4"	93	99	105	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192
5'5"	96	102	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198
5'6"	99	106	112	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204
5'7"	102	109	115	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211
5'8"	105	112	119	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216
5'9"	109	115	122	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223
5'10"	112	119	126	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229
5'11"	115	122	129	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236
6'	118	125	133	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242
6'1"	121	129	137	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250
6'2"	125	133	140	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256
6'3"	128	136	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*, 1998.

What Does Your BMI Mean?

Underweight= BMI is less than 18.5

Normal Weight= BMI is 18.5 to 24.9

Overweight= BMI is 25 to 29.9

Obese= BMI is 30 or more

Don't forget to come in and get your health screening this month!!

Wed/Fri: 9am-5pm

Thurs: 12pm-8pm

Sept. 16th: 12pm-5pm

Schedule an appointment:

Katie@professionalnursepartners.com

Your weight can affect your health and quality of life!

Promoting Good Health and Quality of Life



22800 Savi Ranch Pkwy., Ste. 202
Yorba Linda, CA 92887

Office: 714.602.9910
Fax: 714.602.7150

www.professionalnursepartners.com
Katie@professionalnursepartners.com