



Tips for Getting Started

- Losing just 5-10% of your body weight can lower your risk of heart disease and diabetes, lower your triglycerides and LDL "bad" cholesterol, increase your HDL "good" cholesterol, and lower your blood pressure
- If you weigh more than the maximum healthy weight for your height, try to lose 5-10% of your body weight.
- If you want to lose more weight after losing 5-10%, go for it!
- Talk to your lifestyle coach about making realistic weight loss goals
- To lose weight, use more energy (by being more active) than you take in with the foods you eat
- Slow, steady weight loss (1-2 pounds a week) is the best way to lose body fat.
- Take things one step at a time. It's easier than trying to lose a lot of weight all at once.
- If you are trying to lose weight, weigh yourself only once a week. Weighing yourself every day is not helpful because:
 - Your weight will not change much from day to day, and
 - Weighing yourself a lot can make you feel more pressure

Finding Your Healthy Weight

Your weight can affect your health and the way you feel about yourself. How much you weigh depends mostly on your lifestyle and your genes. A healthy weight is a weight that does not create health or other problems for you.

Many people think that this means they need to be thin or "skinny." But being as "skinny" as a fashion model may not be what is healthy for you. Not everyone can be or should be thin. But with the right choices, everyone can be healthier.

Doctors commonly use three ways to determine weight and health risk:

- Body mass index (BMI)
- Waist circumference
- Risk factors for diseases and conditions associated with obesity

Max. Healthy Weight Chart

Height (feet & inches)	Healthy Weight (pounds)
5'0"	125
5'1"	125
5'2"	130
5'3"	135
5'4"	140
5'5"	145
5'6"	150
5'7"	155
5'8"	160
5'9"	165
5'10"	170
5'11"	175
6'0"	180



What is Body Mass Index (BMI)?

BMI is calculated from your height and weight. It is an estimate of body fat and a good gauge of your risk for developing heart disease, high blood pressure, diabetes, gallstones, osteoarthritis, stroke, breathing problems, and certain cancers. It is easy to figure out your BMI with a calculator.

	BMI
Underweight	< 18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obese	30.0 +

The example below shows the BMI for Sarah, who is 5'3" (63") and weighs 150 pounds.

Step 1: Multiply Sarah's weight by 703: $150 \times 703 = 105,450$

Step 2: Multiply Sarah's height (in inches) by itself: $63 \times 63 = 3,969$

Step 3: Divide 105,450 (step 1) by 3,969 (step 2) $105,450 / 3,969 = 26.56$

Step 4: Round up the number in Step 3: Sarah's BMI is 27 (overweight)

$$\text{BMI} = \frac{\text{Your weight in lbs.} \times 703}{\text{Your height (inches)} \times \text{Your height (inches)}}$$

Waist Circumference

Your health is not only affected by how much fat you have, but where it is on your body. Measuring waist circumference helps screen for health risks that come with overweight and obesity. If your waist is more than 35 inches, you may be more likely to have future health problems like type 2 diabetes, heart disease, high blood pressure, high cholesterol and high triglycerides.

Where am I today?

Date _____ Height _____ Weight _____

My BMI of _____ places me in the following category:

Underweight Normal Overweight Obese

My waist circumference is _____.