

Aiming at a healthier weight? What stage are you in?

Stage 1. Worrying about weight

✓ Realize the relationship of overweight to developing heart disease, stroke, high blood pressure, diabetes, breast, prostate, endometrial, and colon cancers. This may motivate you to lose weight.

✓ Deal with emotional issues such as depression or eating disorders. Then you may find it less difficult to reach and maintain a healthy weight.

Stage 2. Thinking about losing

✓ Keep a food and physical activity diary for a week or two. That may show where you could make small changes that will put you on the healthy road to weight management.

Stage 3. Getting ready

✓ Find enjoyable ways you could increase your physical activity such as walking, gardening, raking leaves, swimming, parking farther away from your destination, and more.

✓ Plan to deal with between-meal hunger by having low-fat snacks on hand. Air-popped popcorn, English muffins, fresh fruits and vegetables, low-fat yogurt, graham crackers, gingersnaps, and pretzels all qualify.

✓ Learn how to make lower fat substitutions for your favorite recipes and food choices.

Stage 4. Cutting the fat and moving more

✓ Read food labels to make lower fat food purchases.

✓ Convert high-fat recipes with lower fat ingredients.

✓ Schedule time for at least 30 minutes of moderate physical activity at least 5 days a week. Ten-minute time slots adding up to 30 are okay.

✓ Persuade friends and family to join you in healthy food choices and physical activities.

✓ Reward yourself for making progress.

Stage 5. Staying on track

✓ Eat a balanced diet. Remember that fat-free foods can be high in calories, and some high-fat foods are high in vitamin and mineral content.

✓ Continue with regular physical activity that you like.

✓ Remember that reducing body weight 1-2 pounds per week or 10 percent over 6 months is reasonable and healthy.

✓ Continue rewarding yourself.



Are You Overweight? Calculate Your BMI*

Finding your BMI is simple. Just locate your height in inches in the far left column, then find your weight in pounds to the right of your height. Your BMI is the number underlined at the top of that row. According to new National Heart, Lung, and Blood Institute guidelines, any person with a BMI over 25 is overweight, and over 30 is obese.

Body Mass Index Table (by weight and height)

Height/BMI	NORMAL						OVERWEIGHT						OBESE				
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	207	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Inches

Weight (lbs.)

*BMI is determined by multiplying weight in pounds by 703 and dividing that result by height in inches squared.

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