

PHTA 2011 Wellness Challenge



A Healthy Weight

One of the most commonly used tools to determine a healthy body weight is the Body Mass Index or BMI.

This is just a formula to estimate body fat. If you are elderly, you may have less lean muscle and this chart may not accurately reflect your weight status. If you are very athletic or well-muscled this chart may indicate that you are overweight, when in fact you have very little body fat.

A Body Mass Index of 19-24 is considered a healthy weight, less than 19 is underweight, 25-29 is overweight and 30+ is considered obese. Weight affects health and being overweight is a risk factor for numerous chronic diseases. Being underweight is a risk factor for different health problems. Look at the chart below and find your weight and height to determine your BMI. Or you can use an online BMI calculator like this one: <http://www.nhlbisupport.com/bmi/>

The truth is that most of us only need a mirror to know if we're at a healthy weight or not.

Adult BMI Chart																		
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
Height	Weight in Pounds																	
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	
5'5"	114	120	123	132	138	144	150	156	162	168	174	180	186	192	198	204	210	
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	
	Healthy Weight						Overweight						Obese					

A Healthy Weight - continued

Another important aspect of health is not just how much we weigh, but where we carry our excess weight. Waist measurement is known to a factor in health and in risk for certain diseases including diabetes and heart disease.

The goal is for a woman to have a waist size less than 35 inches.

The goal is for a man to have a waist size less than 40 inches.

The bad news is that being overweight can:

- Increase the risk of death
- Contribute to diabetes, cardiovascular disease, high blood pressure, and high cholesterol

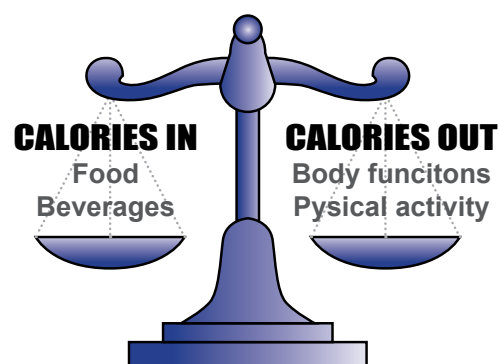
- Increase the risk for certain cancers including endometrial, post-menopausal breast cancer, colon, gallbladder, prostate and kidney cancers.
- Cause sleep problems
- Contribute to reproductive problems
- Increase the risk of arthritis
- Contribute to gallbladder disease, depression, incontinence and other health problems.

The good news is that even if you do not achieve an “ideal” body weight; You can significantly reduce your risk of chronic disease by losing 5-10% of your body weight.

For example: if you're 5'5" and weigh 192#, you may be discouraged and think that you need to lose 50+ pounds. However, you can make significant improvements to your health if you lose even 10 pounds.

You can also improve your health by making better food choices and be more physically active, even if the scale doesn't budge. Take notice of other changes:

- Change in inches in your waist (or hips or other places) or changes in how your clothes fit
- Pay attention to your energy level
- Are you sleeping better?
- Are your blood pressure, cholesterol or blood sugar numbers improving?



Start by taking an honest assessment of what you are currently doing. You can write down everything you eat and drink for a few days as well as all of your physical activity. You can use this notebook or you can use a website such as www.mypyramidtracker.gov
What changes do you think you should make?

Then set some S.M.A.R.T. goals: Remember, specific, measureable, achievable, reasonable and timely.

A reasonable weight loss goal is generally 1-2 lbs. per week.

You will need to choose a healthy eating plan and a physical activity plan. You may wish to join Weight Watchers, count calories, participate in PTHA's Pathways to Healthy Eating classes or start reading labels.

WHAT DOES A HEALTHY EATING PLAN LOOKS LIKE?

- Includes all categories of food
- Has adequate calories (1200+)
- Has realistic results
- Is something you can do for the rest of your life (not a diet)
- Has room for favorite foods
- Meets your nutrient needs
- Includes breakfast
- Balances food with physical activity
- Emphasizes fruits & vegetable, whole grains
- Includes lean protein such as lean meat, poultry, fish, beans, eggs, nuts and low-fat dairy
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Is a conscious way of eating that includes paying attention, reading labels, puts health before weight

You can find good information here:

www.win.niddk.nih.gov

www.mypyramid.gov