



Tips to Control and Lower Your Weight

- Exercise regularly (30 minutes or more every day)
- Reduce your daily caloric intake and increase water consumption
- Follow the food guide pyramid
- Use low-fat dairy products
- Eat lean meats, fish, and skinless poultry
- Eat plenty of fruits and vegetables
- Limit your alcohol intake
- Start your day with a healthy breakfast

BODY COMPOSITION & BODY MASS INDEX

The key to a healthy life is a healthy body. While being a few pounds over your ideal weight may not pose a serious health concern, there is a tendency to gain a few pounds every year. If you don't manage your weight today, you may be risking your body's health tomorrow.

Body Mass Index is a tool for measuring your weight verses your height. A high BMI rate is just one of the many factors for developing a chronic disease, including cancer, diabetes, or heart disease.

Body Composition refers to the quality or make-up of your total body mass. Your total weight is a combination of bone, ligament, tendon, organs, fluid, muscle, and fat. Through this screening, we are able to determine the percentage of fat in your body.

Get Educated! Visit These Online Resources for More Information.

Center for Disease Control and Prevention - www.cdc.gov

National Institutes of Health - www.nih.gov

World Health Organization - www.who.org

WHAT COULD THE RESULTS INDICATE?

BODY MASS INDEX	BMI	WEIGHT STATUS	
	Below 18.5	LOW (Low)	
	18.5 - 25	NORMAL (Normal)	
	25.0 - 30	HIGH (Pre-obese)	
	30.0 or more	VERY HIGH (Obesity)	
BODY COMPOSITION	AGE	RECOMMENDED RANGE - WOMEN	RECOMMENDED RANGE - MEN
	20 - 39 years	21 - 33%	8 - 20%
	40 - 59 years	23 - 34%	11 - 21%
	60 - 79 years	24 - 36%	13 - 25%