

BMI

Body Mass Index

What's Your Number?



What is BMI? Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people. BMI is calculated by dividing a person's weight (in kilograms) by his or her height (in meters, squared). BMI can also be calculated by multiplying weight (in pounds) by 705, then dividing by height (in inches) twice.

What is a healthy BMI? A person with a BMI of 18.5 to 24.9 is considered to be at a healthy weight. A person with a BMI of 25-29.9 is considered to be overweight. A BMI over 30 is considered obese. A BMI of 40 or above indicates that a person is morbidly obese. This can increase a person's risk of death from any cause by 50%-150%.

How Can I Lower My BMI? The best way to lower your BMI is to reduce the total number of calories you take in and to be more physically active. Long-term success is not about finding the "right" diet. It's about identifying your behaviors that have contributed to taking in more calories than your body needs. It is also about making a plan to develop healthier eating and physical activity habits.

Underweight = <18.5
Normal Weight = 18.5-24.9
Overweight = 25-29.9
Obesity = BMI of 30 or greater

Promise Yourself to Follow These Healthy Habits!

- **Be more active in your daily life!**
- Eat breakfast.
- Eat your biggest meal of the day at lunchtime.
- Begin meals with a low-fat salad, soup, broth or a glass of water.
- Eat more vegetables and whole grains at each meal.
- Drink fewer sugar-sweetened beverages (such as regular soda and fruit juice).
- If you drink more than one regular soda per day, replace one of them with a diet soda, water or skim milk.
- Limit your alcohol intake.
- Know what 1 portion looks like -- and stick to it.
- Eat slowly so your body has time to know when you are full.
- Replace some of the sugar in your diet with non-caloric sweeteners

Get support from family and friends. Support is very important for long-term success in adopting healthy habits. Make yourself a promise to get moving and lower your BMI!

