

Getting to a Healthy Weight

Two of every three Americans are overweight. Getting to a healthy weight and staying there lowers your chance of getting diabetes and heart disease. Being a healthy weight also helps you feel better and have more energy. A healthy weight is important for everyone in the family.

What is a healthy weight?

Two easy measures, WC & BMI, can help determine if you are at a healthy weight. You may also ask your doctor if you are at a healthy weight and/or what a healthy weight would be for you.

Waist Circumference (also called WC)

Too much fat around the middle means you are at risk for health problems caused by overweight and obesity such as diabetes, heart disease, and others. Measuring the size of your waist tells your waist circumference.

A healthy waist circumference for women is less than 35 inches.

A healthy waist circumference for men is less than 40 inches.

My waist circumference _____

Body mass index (also called BMI)

Your body mass index compares your height and weight. It gives you a general measure of your body fat. A BMI above 24.9 increases the chance of you getting diabetes and heart disease. The chart below can help you figure out your BMI or you can use an online BMI calculator.

www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

My height _____ **My weight:** _____ **My BMI:** _____

If your BMI is:

Less than 18.5

You are underweight

18.5 to 24.9

You're a healthy weight

25.0 to 29.9

You are overweight

30 or higher

You are obese

Making healthy changes to manage your weight

Small changes to your daily routine can have a big impact on your weight.

- Keep a food diary.
- Drink water instead of juice and sugary drinks like punch and soda.
- Watch the size of your portions & don't crowd your plate. Avoiding second helpings is also a good strategy.
- Choose healthy foods like fruits & vegetables that are fresh, frozen or canned in water, lean meats, chicken and turkey (no skin), fish, skim and low fat milk, cheese, and yogurt, whole grains, dried beans, and peas.
- Be active every day. Aim for 30 minutes of activity, 5 days a week. Join a dance class, local sport league or have pickup games of kickball or basketball. Walk or run with a friend. Swim, garden or jump rope.
- If you need a snack – choose low fat, low sugar ones like a piece of fruit, low-fat or non-fat yogurt, or raw veggies.
- Eat breakfast, lunch and dinner every day.
- Limit desserts to once or twice a week.
- Limit screen time - turn off the TV especially during meal times.
- Take a break from sitting - every 90 minutes get up and move around.
- Be mindful of what you eat.
- Get plenty of uninterrupted sleep!

At least one out of every 3 people in the US will develop diabetes in their lifetime.

A healthy lifestyle will reduce your risk.