

Tipping the Scale in Your Favor

Balancing the number of calories you eat with the number of calories you use through exercise and physical activity will help you achieve your desired weight. The key to successful weight control and improved overall health is making physical activity and healthy eating a part of your daily routine.

Exercise

Participating in physical activity for 30 minutes a day on most days of the week is a vital component of a healthy lifestyle. It helps to control your weight by burning excess calories that otherwise would be stored as fat. Exercise can help prevent many diseases and improve health conditions such as diabetes, high blood pressure and high cholesterol.

Nutrition

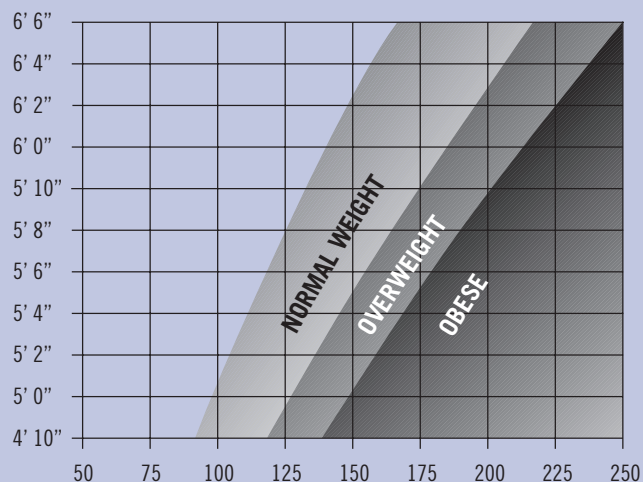
Are you making healthy choices when it comes to what you and your family are eating? Be sure to eat a variety of foods, including plenty of vegetables, fruits and whole-grains. Also include low-fat dairy products, lean meats, poultry, and fish. Drink plenty of water and limit saturated fats, salt, sugar, and alcohol. Visit the weight management section on the Healthy Living page at www.healthnetfederalservices.com. You'll find interactive tools, healthy recipes and much more.

Determining Body Mass Index

Body Mass Index (BMI) is an effective way for most adults to identify if they are overweight or obese. Your BMI is determined by a calculation of your weight and height. Use the BMI chart on the right to find your healthy weight or calculate your own.



Body Mass Index (BMI)



BMI ranges for children and teens are defined differently than adults. Visit the Centers for Disease Control and Prevention at www.cdc.gov and enter "BMI for Children" into the search field.

Body Mass Index (BMI) Calculator

$$\text{BMI} = \left(\frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right) \times 703$$

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 +	Obese

For more information:

American Heart Association: www.americanheart.org
 NAASO, The Obesity Society: www.obesity.org
 Body Mass Index Calculator www.nhlbisupport.com/bmi/

Sources: U.S. Department of Agriculture, U.S. Department of Health & Human Services, Centers for Disease Control and Prevention, and WebMD
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