



Smart Moves

Understanding Your Numbers



John Pierpoint Morgan once said, "The first step towards getting somewhere is to decide that you're not going to stay where you are." Your enrollment in Smart Moves shows that you have made the decision to not stay where you are. You need to know where you're starting from before you can chart a path to a healthier you.

Today we will be take your beginning measurements. These measurements include your weight and waist circumference. You will use your weight and height to calculate your BMI (body mass index.) For most people, these measurements are reliable ways to estimate body fat and associated health risks. In general, the higher your BMI, the greater the health risk. Women with waist circumferences greater than 35 inches and men with waist circumferences greater than 40 inches may be at greater risk for many chronic diseases such as type 2 diabetes, high blood pressure and heart disease.



TODAY'S AGENDA

- I. Welcome
- II. Newsletter Volume 2
- III. Review Measurement Record
- IV. Measure & record
- V. Activity: take a 5 minute walk
- VI. Next week - journaling

GREAT NEWS!

Losing just five to 10 percent of your weight and keeping it off benefits your health!

Check out the BMI calculator at www.MyEatSmartMoveMore.com

BMI	Weight Status	Risk Status
18.5 or less	Underweight	
18.5 -24.9	Normal	
25.0 - 29.9	Overweight	Increased
30.0-34.9	Obese	High
35.0-39.9	Obese	Very High
40.0 or greater	Extremely Obese	Extremely High