

YOU CAN PREVENT OBESITY

HERE'S HOW:



Eat healthy. Eat fruits and vegetables along with whole-grains, low-fat dairy products, fish and lean meats. Limit foods high in sugar, trans and saturated fats.



Move more. In addition to eating healthy, exercise can greatly improve your overall well-being.



Visit your doctor. Learn what you can do to safely prevent obesity.



Get support from family & friends. They are the best motivation to help you stay on track.



Know your BMI. Using the table below, find your ideal BMI and set a goal for yourself.



Decrease screen time. More time away from the TV means more time to be more active.



Utilize portion control. Eating until you are satisfied, and not until you are full, can be a key to losing weight.



Reduce sugar intake. Replace soda and sweetened drinks with healthy alternatives, like water or tea.



Support community efforts to make healthy choices easy & affordable. Farmer's markets and group charity walks are just a couple ideas of how you can support a move toward a healthier lifestyle.



BMI BREAKDOWN

The BMI ranges for which weight categories are determined, in adults, are as follows:

Normal: 18.5–24.9

Overweight: 25.0–29.9

Obese: 30.0 and above

BODY MASS INDEX TABLE

BMI	Normal 18.5-24	Overweight 25-29	Obese 30+
HEIGHT INCHES	BODY WEIGHT POUNDS		
58	91-115	119-138	143-186
59	94-119	124-143	148-193
5ft.▶ 60	97-123	128-148	153-199
61	100-127	132-153	158-206
62	104-131	136-158	164-213
63	107-135	141-163	169-220
64	110-140	145-169	174-227
65	114-144	150-174	180-234
66	118-148	155-179	186-241
67	121-153	159-185	191-249
68	125-158	164-190	197-256
69	128-162	169-196	203-263
70	132-167	174-202	209-271
71	136-172	179-208	215-279
6ft.▶ 72	140-177	184-213	221-287
73	144-182	189-219	227-295
74	148-186	194-225	233-303
75	152-192	200-232	240-311
76	156-197	205-238	246-320

SOURCES

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