

What does it all mean?

If your BMI is 25 or above, you need to take STEPS toward a healthier lifestyle, one that can help you get more fit and lose the extra pounds — and keep them off. Making lifestyle changes is never easy, but change is possible — if you take it one small STEP at a time.

STEPS to follow:

1. Eat Healthier Foods!

Increase the number of fruits & vegetables you eat each day & decrease the amount of fatty foods you eat. A healthy diet should include at least five servings of fruit & vegetables per day.

2. Make Healthy Choices!

Choose lower calorie foods. Instead of fat-filled ice cream, choose lower-fat frozen yogurt. Instead of a high calorie candy bar, choose a piece of fruit. Decrease liquid calories found in many soft drinks by replacing them with a “0-calorie” beverage such as diet sodas or flavored water.

3. Get Moving!

Increase your level of activity. We should all get 30 minutes of physical exercise every day. If you cannot set aside a half hour block of time — don't give up! You can take several 5-minute exercise breaks throughout your day.



STEPS to a Healthier Pinellas

is a federally funded grant under President Bush's *HealthierUS* campaign. This five-year grant focuses on delivering important health messages regarding obesity, diabetes and asthma and related behavior including nutrition, physical activity and tobacco usage. Its goal is to reduce the occurrence of these behavioral diseases that have been shown to lead to heart disease, Type 2 diabetes, certain forms of cancer, high blood pressure and other life-threatening health conditions.



For more information

please visit:

www.PinellasWellness.com

or call:

727-820-4113



Before starting any diet or exercise program, please seek the advice of your physician.

Funding for this brochure was supported by Cooperative Agreement Number 03135 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, the Department of Health and Human Services, or the U.S. government.



B

M

I

Body Mass Index

The New Vital Sign

Sponsored by:
**STEPS to a
Healthier Pinellas**

What is BMI?

Body Mass Index or BMI is a quick and easy way to tell if you are underweight, normal weight, overweight, or obese. BMI is a measurement based on your weight and height and is a useful tool in monitoring weight loss or gain over time.

What do the numbers mean?

The number relates to your total body fat and, when combined with other medical information, can be a useful tool in determining if you are at increased risk for certain health conditions related to being overweight or obese. Your BMI does not tell you if you have a disease, only if you are at higher risk.

What are the risks of being overweight?

A higher BMI can cause:

- ◆ Premature death
- ◆ Cardiovascular disease
- ◆ High blood pressure
- ◆ High cholesterol
- ◆ & other chronic diseases
- ◆ Type 2 Diabetes
- ◆ Osteoarthritis
- ◆ Certain cancers

BMI/Weight Status

1. Using the chart below, look down the first column & find your height (in inches)
 2. Follow that line across to find your weight
 3. Move up the column to see your BMI

18.5 — 24.9 NORMAL	25.0 — 29.9 OVERWEIGHT	30.0 — 39.9 OBESE	40 & above EXTREME OBESITY
-----------------------	---------------------------	----------------------	-------------------------------

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394