

MEDfacts

An Educational Health Series From National Jewish Health®



Resources for Weight Management

Understanding Body Mass Index (BMI)

Body mass index (or BMI) is a measure which shows whether people have a healthy weight for their height. Ask your health care provider what this means for you.

My weight today is _____

My BMI today is _____

Under Weight	Normal Weight	Overweight	Obese
← 17 18	19 20 21 22 23 24	25 26 27 28 29	30 31 32 33 34 35 36 37 38 39 40 →

My goal _____

If you have any questions please be sure to talk with your health care provider.

Do you have concerns about your weight?

Small steps lead to better health.

Ask your health care provider about healthy eating and exercise.

- Losing weight is one of the best things you could do for your health.
- 5 - 10 percent weight loss over a year is enough to improve your health.
- Making healthy lifestyle changes would be really great for you and your family.

Resources available at National Jewish Health

National Jewish Health offers a variety of resources for patients and family members who are interested in healthy eating and exercise. Select the resources that interest you and discuss them with your health care provider.

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One on one consultation with a dietitian

One on one dietary consults are offered for those who would like individual recommendations for healthy eating. Talk with your health care provider to schedule an appointment.

One on one consultation with a physical therapist

One on one rehabilitation consults are offered with a physical therapist for those who would like individual recommendations and an exercise prescription. Talk with your health care provider to schedule an appointment.

“Understanding Exercise, Healthy Eating and Lung Disease”

This Understanding booklet provides information about beginning and maintaining an exercise program and eating well and maintaining a healthy weight. The Understanding booklet and more information are available on the National Jewish Health website, njhealth.org.

Tools for Fitness, Nutrition and Heart Health, Stress Management and Relaxation Classes

These are several of the informative classes offered at National Jewish Health that will provide you with helpful, practical tools as you take steps towards better health. The classes are offered in the Patient Education Room, A01b. The classes are free.

Walk with a Doc

Walk with a Doc is an ongoing program to help patients get motivated to boost health and fitness, while walking side by side with the care team. More information is available on the National Jewish Health website at njhealth.org/walkwithadoc.

Note: This information is provided to you as an educational service of LUNG LINE® (1.800.222.UNG). It is not meant to be a substitute for consulting with your own physician.

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