

# MEDfacts

An Educational Health Series From National Jewish Health®



## Weight Management

BMI: \_\_\_\_\_ Date: \_\_\_\_\_

### What is BMI?

- Body mass index (BMI) is a measure of your weight compared to your height.

### What is healthy? For adult men and women:

- Normal and healthy BMI = 18.5 - 24.9
- Overweight BMI = 25.0 - 29.9
- Obese BMI = 30.0 and greater

### Why does BMI matter? Overweight & obesity increase the risk for:

Cancer	Heart attack	Sleep apnea
Dementia	High blood pressure	Stroke
Early death	High cholesterol	Type 2 diabetes

### Tips: A 5-10% weight loss is enough to improve your health!

#### DO's

- Drink up! Water hydrates best.\*
- Nix the sugar fix! Let the cravings pass.
- Move it to lose it! 150 minutes a week keeps you energized & sleek.
- Play down portions! 100 fewer calories per day is 10 lb off per year.
- Get your "five" to stay alive! Fill up on five cups of vegetables and fruits every day.

#### DONT's

- Drink calories: alcohol, coffee, sports drinks, juice, soda, sweet tea.
- Fill up on carbs: bread, rice, pasta, potatoes, snacks, sweets.
- Rely on fast, processed, and restaurant foods.
- Go overboard on added fats and fried foods.
- Eat for comfort.

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### National Jewish Health Resources for Weight Loss

- One to one consultation with a registered dietitian, physical therapist or psychologist.  
Ask your doctor for a referral!
- Tools for Fitness class
  - Every Tuesday, 11:00 am - 12:00 pm
  - Other classes available. For full list of classes, visit [www.njhealth.org](http://www.njhealth.org).
- Weight Loss Support group
  - Sundays, 1:30 pm - 3:30 pm
  - For specific dates, visit [www.njhealth.org](http://www.njhealth.org).
- Transitioning to Plant-Based Diets Support Group
  - Saturday mornings monthly
  - For days/times, visit [www.njhealth.org](http://www.njhealth.org).
- Walk with a Doc
  - Saturday mornings monthly at various locations in Denver
  - For days/times, visit [www.walkwithadoc.org](http://www.walkwithadoc.org).

### Community Resources for Weight Loss

- Take Off Pounds Sensibly (TOPS) [www.tops.org](http://www.tops.org)
- Weigh and Win [www.weighandwin](http://www.weighandwin)
- Weight Watchers [www.weightwatchers.com](http://www.weightwatchers.com)

### Informational websites

- BMI Calculator [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov), search BMI calculator

\*Check with your doctor first as some medical conditions limit how much water or fluids you may drink.

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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