

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.

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.
- Your Weight, Your Way, Your Why
 - 4:30 p.m. – 6:00 p.m. (1st Tuesday of the month)
 - 9:00 a.m. – 10:30 a.m. (4th Thursday of the month)

- Other classes available. For full list of classes, visit www.njhealth.org.
- Transitioning to Plant-Based Diets Support Group
 - Saturday mornings monthly
 - For days/times, visit www.njhealth.org.
- Walk with a Doc
 - Saturday mornings monthly at various locations in Denver
 - For days/times, visit www.walkwithadoc.org.

Community Resources for Weight Loss

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

Informational websites

- BMI Calculator 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.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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