

Maintaining a Healthy Weight For a Healthy Life

A healthy weight ensures a healthy life. By maintaining your weight, you can prevent numerous diseases and ailments, including obesity, diabetes, heart problems, and more. You're also more likely to live longer. The first step is to determine whether you're at a healthy weight. There are two ways to do this:

First, there is **Adult Body Mass Index (BMI)**, which is the most common and effective measure-

ment, as it determines the amount of fat in your body based on your weight and height. Check the BMI Calculator to gauge your weight, and the BMI Index to see where you stand. Most importantly, however, consult with a healthcare professional, as only they can properly confirm the results and prescribe a solution.

Not, for those ages 2 to 19, consult a Child and Teen BMI Calculator

Second, there is **Weight Circumference**: simply put, the size of your waistline. This can give a basic idea of whether you're overweight or obese. As a male, you have a higher chance of developing weight-related problems if your waistline is more than 40 inches, while for women this applies if the waistline is greater than 35 inches. As with the BMI test, seek out a health professional for accuracy and assistance.

How to Maintain a Healthy Weight

A healthy weight requires a healthy lifestyle – you must eat well, live well, and get regular exercise. This doesn't



have to be difficult, and it can even become enjoyable as you'll begin to look and feel better.

Physical activity: despite popular belief, reducing how much you eat won't be enough on its own; to maintain weight in particular, you must exercise. How much you need varies from person to person, especially by age.

Integrate an exercise regimen through planning and moderation. More examples can be found in this printer-friendly chart. Work your way up: start little by little, eventually making it so that each week, you get 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equal mix of the two.

Remember that exercise has a lot of benefits beyond weight maintenance. Keep it up even after you've lost weight to keep off the pounds and enjoy the many health advantages.

Eat Healthily: the latest Dietary Guidelines for Americans found three key

elements of healthy eating: consume more fruits, vegetables, whole grains, lean meats, seafood, and fat-free/low-fat dairy products; balance calories with physical activity; and consume less processed foods, especially those high in sodium, saturated fat, trans fats, cholesterol, added sugar,

and refined grains (such as white bread or white rice).

Control your portions, avoid sugary drinks, and keep a food diary to keep track of what you eat. Learn more at <http://www.cdc.gov/healthyweight/>

HIGHLIGHTS

BMI Calculator (Adults)

http://www.cdc.gov/healthy-weight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

BMI Calculator (Teens/Children)

<http://apps.nccd.cdc.gov/dn-pabmi/>

BMI Index

http://www.win.niddk.nih.gov/publications/better_health/bmi.jpg

Balancing Your Calories

<http://www.cdc.gov/healthy-weight/calories/index.html>

Physical Activity by Age

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

For more health topics, visit www.dadehealth.org/atoz/atoz.asp