



Weight Management

WHAT IS WEIGHT MANAGEMENT?

Weight management means keeping your weight within a healthy range. Maintaining a healthy weight lowers your chance for health problems like heart disease, stroke, high blood pressure, high cholesterol, diabetes, gallbladder disease and sleep apnea.

For most people, body mass index (BMI) is a good way to tell if you are at a healthy weight. Use the table below to find your BMI and identify your weight range for your height.

WHAT DOES BMI MEAN?

BMI is a relationship between weight and height that is associated with body fat and health risk.

- A BMI below 18.5 is underweight
- A BMI of 18.5 - 24.9 is normal
- A BMI of 25.0 - 29.9 is overweight
- A BMI of 30 or over is obese

		WEIGHT IN POUNDS													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
HEIGHT IN FEET AND INCHES	4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	

Body Mass Index Chart: ■ UNDERWEIGHT ■ HEALTHY WEIGHT ■ OVERWEIGHT ■ OBESE

What steps can I take to manage my weight?

TRACK WHAT YOU EAT AND DRINK

This is a key step in managing your weight. Write down what and how much you eat and drink. Use a journal, log your intake on your calendar, keep track on your phone, or use an online tool, whatever method works for you.

Recording your daily food and drink intake can help you identify your good and bad habits. It can also help you make better and more healthier choices.

EAT THE RIGHT AMOUNT OF CALORIES FOR YOU

Your weight will stay the same when the calories you eat and drink equal the calories you burn. You will lose weight when the calories you eat and drink are less than the calories you burn. You will gain weight when the calories you eat and drink are greater than the calories you burn.

TRACK PHYSICAL ACTIVITY

Write down the activities you do, and how long you spend doing each one. Log each activity that you do for at least 10 minutes at a time. Try logging at least 150 minutes of activity per week.



Below Are Some Ways You Can Picture a Serving or Portion Size Using Everyday Objects



1 serving of chicken or meat (3 oz)
= A DECK OF CARDS



3 oz of fish
= A CELL PHONE



1 cup serving of pasta or rice
= A TENNIS BALL



1 bagel
= A 6 OZ CAN OF TUNA



A portioned baked potato
= A COMPUTER MOUSE



1 pancake
= A COMPACT DISC

For more information visit www.harvardpilgrim.org