



# What is Your Healthy Weight?

**There are two ways to assess your own healthy weight. These are:**

- Waist Circumference
- Body Mass Index (BMI)

## How to Find Your Waist Circumference

Your waist circumference is measured at the level of your belly button. Holding a tape measure at the level of your belly button, wrap it completely around. Relax your stomach by breathing out gently, but do not suck in your stomach. Be sure the tape is snug, but does not compress your skin, and is parallel to the floor. Adjust the tape so it is level around your waistline and take the measurement.

Your waist circumference is within a healthy range if your waist is 40 inches or less for men, or 35 inches or less for non-pregnant women. Excessive abdominal fat may be serious because it puts you at a greater risk of developing serious medical conditions, like high blood pressure and heart disease.

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## How to Calculate Your BMI

To calculate your BMI, you need two numbers: your current weight in pounds and your height in inches. Fill in the boxes below, according to the instructions. You might want to use a calculator.

1. Write your weight (in pounds) in box A.
2. Multiply the number in box A by 703. Write this number in box B.
3. Write your height (in inches) in box C.
4. Divide the number in box B by the number in box C. Write this number in box D.
5. Divide the number in box D by the number in box C again.
6. This is your BMI.

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A		B		
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B		C		D
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D		C		BMI

Once you've calculated your BMI number, use this chart to find your BMI category:

Underweight	Normal	Overweight	Obese
Below 18.5	18.5-24.9	25.0-29.9	30.0 and Above