



## Do You Need To Lose Weight?

Let's follow these steps to find out if you need to lose weight.

### 1 Are you a healthy weight?

Weigh yourself. Use the BMI chart to find out whether your weight is in the healthy range for your height. Find your height on the left of the chart, and circle it. Put your finger on the circled number then move your finger to the right until you find the number that lines up with your weight. The shade of the square will show you if your weight is healthy, overweight, or obese.

#### Here are the BMI categories:

Underweight =  $<18.5$

Healthy = 19-24

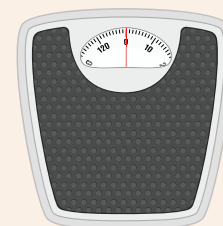
Overweight = 25-29

Obese = 30-39

Extreme obesity = 40-54

#### My weight is:

- Healthy
- Overweight
- Obese



### 2 Measure your waist.

Measure your waist by placing the measuring tape snugly around your waist, just above your hipbone. Exhale, and then read the tape measure.

#### Write down your waist measurement:

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Your measurement is high if:

- Women—it's greater than 35 inches
- Men—it's greater than 40 inches

#### My waist measurement is:

- Healthy
- High

