

心  
MIND  
体  
BODY  
食  
NUTRITION

# AWARE WOLF LIFE

STRENGTH · FOCUS · BALANCE

## BODY MASS INDEX

Body Mass Index (BMI) is a screening tool that uses your height and weight to estimate body fat and assess whether your weight falls within a healthy range.



HOW IT'S  
CALCULATED

$$\text{BMI} = \frac{\text{WEIGHT (kg)}}{\text{HEIGHT (m)}^2} \quad \text{OR} \quad \text{BMI} = \frac{\text{WEIGHT (lbs)} \times 703}{\text{HEIGHT (in)}^2}$$

### BMI CATEGORIES FOR ADULTS

	<b>UNDERWEIGHT</b>	<b>&lt; 18.5</b>	May be at risk for nutritional deficiencies
	<b>NORMAL WEIGHT</b>	<b>18.5 – 24.9</b>	Associated with the lowest risk of disease
	<b>OVERWEIGHT</b>	<b>25.0 – 29.9</b>	May increase risk of health conditions
	<b>OBESITY CLASS I</b>	<b>30.0 – 34.9</b>	Increased risk of health conditions
	<b>OBESITY CLASS II</b>	<b>35.0 – 39.9</b>	Higher risk of serious health conditions
	<b>OBESITY CLASS III</b>	<b>≥ 40.0</b>	Very high risk of serious health conditions



### REMEMBER

BMI is just one tool and doesn't measure body fat, muscle, or overall health. **Focus on nourishing your body,** moving regularly, and creating healthy habits that last.



**MIND**  
STAY PRESENT



**BODY**  
STAY STRONG



**NUTRITION**  
FUEL PURPOSE

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## WAIST-TO-HIP RATIO

Waist-to-Hip Ratio (WHR) helps assess fat distribution and the risk of health conditions. Carrying excess weight around the waist is linked to a higher risk of heart disease, diabetes, and other issues.




### HOW IT'S CALCULATED

$$\text{WHR} = \frac{\text{WAIST CIRCUMFERENCE (cm or in)}}{\text{HIP CIRCUMFERENCE (cm or in)}}$$

- Measure your waist at the narrowest point between your ribs and hips.
- Measure your hips at the widest point around your buttocks.

### WHR CATEGORIES FOR ADULTS

CATEGORY	MEN (RISK LEVEL)	WOMEN (RISK LEVEL)
 EXCELLENT	< 0.85 (LOW RISK)	< 0.75 (LOW RISK)
 GOOD	0.85 – 0.89 (LOW RISK)	0.75 – 0.79 (LOW RISK)
 AVERAGE	0.90 – 0.94 (MODERATE RISK)	0.80 – 0.84 (MODERATE RISK)
 HIGH RISK	0.95 – 0.99 (HIGH RISK)	0.85 – 0.89 (HIGH RISK)
 VERY HIGH RISK	≥ 1.00 (VERY HIGH RISK)	≥ 0.90 (VERY HIGH RISK)



### REMEMBER

WHR is one tool, not a diagnosis. Focus on strength, movement, whole foods, and recovery to support a healthy, balanced life.



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