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BMI: Body Mass Index

BMI or Body Mass Index is a measurement based on weight and height to determine weight status. The categories for adults over 20 years of age are:

<u>BMI</u>	<u>Weight Status</u>
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0 and above	Obese

Your weight is _____, your height is _____, and your BMI is _____.

An extra 4 or 5 pounds has no effect on health, but an extra 20-40 pounds signals danger. A person with a BMI of 25 or higher is at a high risk for medical complications such as:

- diabetes
- high blood pressure
- heart disease
- kidney disorders
- gall bladder disease
- breast, endometrial, prostate and colon cancer
- arthritis
- gout
- back disorders
- premature death

Exercise

Aerobic exercise raises your heart rate and helps burn calories. Working out for 20 minutes or more will help you get the most benefit. The intensity of physical activity is not nearly as important as the duration and frequency. Aerobic exercise includes swimming, jogging, hiking, bicycling, and walking. Even if you don't do these activities quickly, they can be very helpful.

Any sort of exercise is better than none at all. To be helpful in the long run, the exercise you choose can't be a chore. Choose something you enjoy. An exercise you can do with someone else may also help.

Eating Habits

You have established your eating habits over time; don't expect to change them overnight. Start by training yourself to eat without doing anything else at the same time. Focus on what you're doing and try to eat without being rushed. Add one new healthy habit at a time (eating more vegetables) or stopping one unhealthy habit (overeating). Small changes can make a big difference over time.

Here are some tips for good eating habits:

- begin meals with soup or something light
- cook and serve smaller portions
- eat only until you feel full
- stock your refrigerator with low fat snacks

Ask your healthcare provider for nutrition or physical activity information.

BMI Chart

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
	Height (in.)													
	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328