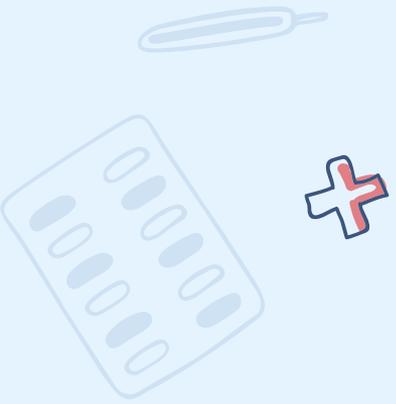
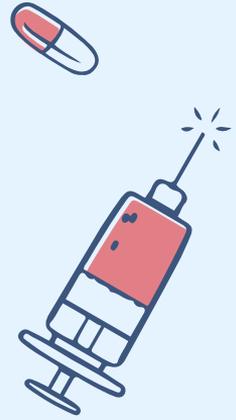


# *A Healthy Body, A Healthy Mind*

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# What Determines a Healthy Body?



There are several ways to determine a healthy body both **physically** and **mentally**:

## **BMI (Body Mass Index)**

Body Mass Index is calculated based off one's weight and height. Under 18.5 is considered to be underweight, 18.5 to 24.9 is considered normal, 25.0 to 29.9 is considered overweight, and over 30.0 is considered obese.

## **Waist to Hip Ratio**

By measuring one's waist and hips and putting the two measurements in a ratio, it can give a measure as to one's chances for cardiovascular disease. For males, under 0.9, the likelihood is low, from 0.9 to 0.99, the likelihood is moderate, and over 1.0, the likelihood is high. For females, under 0.8, the chance is low, from 0.8 to 0.89, the chance is moderate, and over 0.9, the chance is high.



## Waist to Height Ratio

The WtHR uses measurements from one's waist and hips in a ratio to estimate if one is at a healthy weight. An ideal WtHR would be around 0.5. Studies have shown that WtHR is a better indication of predicting a variety of health issues compared to BMI.



## Body Fat Percentage

Body fat percentage is calculated by finding the weight of one's body fat over their total weight. The essential amount of fat one should have varies depending on one's gender: 2-4% for men and 10-13% for men. Additionally, it is important to have storage fat for protection of internal organs and for daily use.



## Fluctuations in Mental Health

An indication that one's mental health is well-balanced is if he/she understands that he/she will go through periods where they are not always happy and that they must persevere through those tough times.

## Healthy Relationships

Healthy relationships are a sign that one is able to cope with his/her circumstances and remain peaceful under situations that might be toxic to their wellbeing.

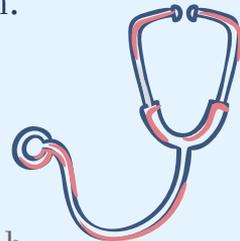
## Focusing on One's Self

By concentrating on one's self, he/she can grow independently in a healthy environment without obstacles, such as others who might look down on their goals.



# The Growing Weight Problem in the United States

Over the years, a trend has become more and more apparent: obesity is on a **rise**. According to the American Medical Association, obesity is now considered a **chronic disease**. Moreover, nearly **35%, or more than 1/3, of Americans** have obesity. It is important to try and counter this issue from a **young age**. However, many children do not have access to foods that contain their **vital daily nutrients** and **vitamins**, leading them to turn to unhealthy and non-nutritious available food. By combatting this issue earlier on, we can try and prevent the **harmful impact** obesity can have later on, whether it be through **costly medical bills** or in the **workplace**. According to data, healthcare costs related to obesity were estimated around \$147 billion. Additionally, due to loss of productivity and efficiency related to obesity, it has resulted in a loss of \$390 to \$580 billion.



# How Healthy is the United States?

Compared to other OECD (Organisation for Economic Co-operation and Development) countries, the United States spend more than two times the amount on healthcare even though the United States has the **lowest life expectancy** and **highest suicide rates**. Additionally, compared to other nations, the United States has had the **highest number of hospitalizations** regarding **preventable causes** and the highest rate of deaths that could have been avoidable. The **healthcare system** in the United States could be improved vastly as it **ranks last** among other industrialized countries.

# What Factors Contribute to a Healthy Body?



A **healthy lifestyle** is **vital** for a healthy body. For a balanced lifestyle, the following are important to watch over: diet, rest, exercise, posture, and the use of alcohol, drugs, and tobacco. Furthermore, a **nutritious diet** and 7 to 9 hours of **sleep** are essential. **Exercise** is key in prevention of health conditions and boosting one's energy and his/her mood. A lack of **good posture** can lead to a variety of issues, such as arthritis and headaches. By **limiting alcohol, drugs, and tobacco**, one is preventing the harm that those substances can cause on the body.



# Interesting Facts

- **Laughing** can increase blood circulation by **20%**.
- Currently, smoking causes the same amount of **deaths** as a **lack of exercise**.
- **Reading a book** can decrease stress hormones by up to **68%**.
- **Chocolate** contains **antioxidants** that protect against UV damage and improve blood flow.
- By **drinking** five glasses of **water** a day, it can decrease your chances of suffering from a heart attack by **40%**.