



**For more information on weight management, nutrition and exercise, try these resources:**

**Web sites:**

National Institute of Health- Aim for a Healthy Weight

[www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

E-Diets Virtual Health Center

[www.ediets.com](http://www.ediets.com)

The American Dietetic Association

[www.eatright.org](http://www.eatright.org)

Colorado on the Move

[www.coloradoonthemove.org](http://www.coloradoonthemove.org)

Web MD

[www.webmd.com](http://www.webmd.com)

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E-mail [CDPHE.psWomensHealth@state.co.us](mailto:CDPHE.psWomensHealth@state.co.us) to order more brochures. (Revised 9/08)



**Healthy Weight...  
Healthy You!**

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## What is a healthy weight?

Reaching a healthy weight can help prevent and control high blood pressure, heart disease, diabetes and stroke. One tool to assess your health is **BMI or Body Mass Index**. This is a measure of your height and weight.

**A high BMI (over 25)** usually means you have a higher amount of body fat and a higher health risk. Find your height on the chart below. If you weigh more than the weight next to your height, you may be overweight. Talk to your health care provider about your risk level.

<u>Height</u>	<u>Weight (lbs.)</u>	<u>Height</u>	<u>Weight (lbs.)</u>
4' 10"	≥ 119	5' 8"	≥ 164
4' 11"	≥ 124	5' 9"	≥ 169
5' 0"	≥ 128	5' 10"	≥ 174
5' 1"	≥ 132	5' 11"	≥ 179
5' 2"	≥ 136	6' 0"	≥ 184
5' 3"	≥ 141	6' 1"	≥ 189
5' 4"	≥ 145	6' 2"	≥ 194
5' 5"	≥ 150	6' 3"	≥ 200
5' 6"	≥ 155	6' 4"	≥ 205
5' 7"	≥ 159		

## How can I lose weight?

For long-term weight loss you will need to change some of your eating habits and increase physical activity. Fad diets and pills may cause quick weight loss initially but rarely provide long term weight loss and may not be safe to take.

### Which changes will you make now to improve your health?

- ❑ **Choose lower fat, lower calorie foods more often.**
  - Try skim milk, low fat yogurt with fruit, and limiting fast food.
  - Bake, broil, or grill foods instead of frying.
- ❑ **Eat more fruits and vegetables.**
  - Fruits and vegetables are high in vitamins, minerals and fiber, helping you to feel full.
- ❑ **Limit your portion sizes and skip second servings.**
  - Read the food label. Get to know how many calories and fat grams are in the amount of food you eat.
- ❑ **Drink water instead of high calorie soft drinks and limit juice intake.**
- ❑ **Be more active every day.**
  - Take the stairs, park further away, get off the bus one or two stops early, or dance.
  - Try using a pedometer to track how many steps you take each day. Aim for 10,000 a day!

## Aiming for a Healthy Weight

Chances are that you did not gain your weight quickly and therefore you will need to be patient with weight loss. Aim for 1-2 pounds loss per week for the first 6 months or until you reach your goal. Even losing 15 to 20 pounds can greatly improve your health!

### Set realistic and specific goals.

If exercising more is your goal, be specific. Choose where, when, how long, and with whom you will work out.

### Keep track of your efforts.

Write down on your calendar or in a journal the days you exercised and for how long. Writing down everything you eat or drink will also help you identify what changes you want to make in your diet.

### Reward yourself....but not with food!

Treat yourself to a CD, flowers, or a new pair of running shoes when you achieve your goal.

### Get back on track and don't give up.

It's natural to lose interest in your diet or exercise program after time. Be patient and think about what you want in the long run. You can do it!