

What you need to know about:

Weight Management

Successful weight loss and healthy weight management depend on realistic goals and expectations. Most overweight people should lose weight slowly, at a rate of one to two pounds per week. Slow weight loss is healthy for your body, and it allows you time to adjust to new eating and exercise patterns. And remember, even small amounts of weight loss can decrease the health risks associated with extra weight. Adopting new patterns and healthier habits is the key to keeping off the weight you lose.

What is a BMI?

Body Mass Index (BMI) is a measurement used to determine the range of a healthy weight vs. overweight, taking into account both height and weight.

- A BMI of 18.5 - 24.9 is normal and healthy
- A BMI of 25.0 - 29.9 is overweight
- A BMI of 30 or over is considered obese

You can use the table below to find your BMI and identify the healthy weight range for your height.

	Normal							Overweight					Obese							Extreme Obesity																		
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54		
Height (inches)	Body Weight (pounds)																																					
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258		
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267		
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276		
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285		
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295		
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304		
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314		
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324		
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334		
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344		
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354		
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365		
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376		
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386		
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397		
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408		
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420		
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431		
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443		

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

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What steps can I take to manage my weight?

How much you weigh is the result of the number of calories you eat and drink and the number of calories you use each day. Simply put, to lose weight you need to take in fewer calories than you use. You can do this by creating and following a plan for both healthy eating and physical activity.

You can easily figure out the number of calories it takes to maintain your current weight or to lose weight:

- Take your weight in pounds
- Multiply that by 15 calories for a moderately active male or 12 calories for a moderately active female

The result is the number of calories needed to maintain your current weight.

Example:

A 165 pound woman needs 165 X 12 calories = 1,980 calories/day to maintain her weight.

To lose one to two pounds a week, she needs to eat 500 fewer calories a day, or 3,500 fewer calories a week. Instead of the 1,980 calories she needs per day to maintain her weight, to achieve her weight loss goal of one to two pounds per week she needs to reduce her daily calories to 1,480 calories.

Check with your doctor to ask if it is appropriate for you to lower your caloric intake and increase your physical activity. Then select two or three things you will do now to lose weight or to maintain a healthy weight. Your long-term goal should be to do all of them. Here are some examples:

- Choose lower fat, lower calorie foods more often and watch portion sizes.
- Increase physical activity, ultimately to 30 minutes a day on most days of the week. Start by taking the stairs at work, parking at the far end of the parking lot, and walking over to talk to a coworker instead of calling on the phone. Then add some form of regular physical activity that you enjoy. Walking is a great

physical activity, as is biking, swimming, playing basketball, and even raking leaves. Any activity is better than none, but U.S. health experts recommend at least 30 minutes of moderate physical exercise daily. Keep in mind that you can divide your 30 minutes of activity into shorter sessions of 10, 15 or 20 minutes, if that is easier for you.

- Eat more fruits and vegetables for snacks. Aim for five servings a day.
- Replace white bread and white rice with whole grain alternatives.
- Drink water instead of sugary juices or soft drinks.
- Use less high-fat cheese, cream, shortening and butter when cooking.
- Limit alcoholic beverages.
- Keep a spiral-bound notebook handy and track what you eat and drink. This simple tool can actually make you more aware of not only what you are eating, but how much.

Where can I find out more about managing my weight?

For more information and helpful links, please visit www.harvardpilgrim.org.