



# How To Determine Your Healthy Weight

A healthy weight is important for your overall health. A healthy weight lowers your risk for developing many diseases, such as diabetes, heart disease, and high blood pressure. When you have a weight that is right for your height and body frame, you feel fit and healthy. Don't compare yourself to others. Everyone is different.

Several measurements can help identify a healthy weight range for you. The two simplest are listed here. Keep in mind these methods have some limitations. For example, body builders often do not fit the typical patterns.

## Body Mass Index

One common measure is called the Body Mass Index (BMI). This is determined by entering your height and weight into a BMI calculator or referring to a BMI chart.

A BMI calculator can be found here: [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)

Once you know your BMI number, consult the following chart:

BMI	WHAT IT MEANS
18.5 or less	Underweight
18.5 to 24.9	Normal weight
25 to 29.9	Overweight
30 or higher	Obese

If you are overweight, you have a greater chance of diabetes and heart disease than someone at normal weight. If you are obese, you have a high risk of these diseases. And if your BMI is over 40, you have an extremely high risk.

## Waist Circumference

Your waist measurement will help you find out how much fat you have stored around your belly. A woman's waist should be under 35 inches and a man's under 40 inches. If it is higher than that, you have a high risk of diabetes, heart disease, and high blood pressure. The higher your waist goes, the greater your health risks.

•••• Are you ready for wellness?

