



# Know Your Numbers...for a Healthy Heart

## BODY MASS INDEX (BMI)

### BMI is.....

Numerical value of your weight in relation to your height. If your BMI is:

Less than 18.5	Underweight
Between 18.5 and 25	Normal weight
Between 25 and 29.9	Overweight
30 or more	Obese

### Overweight can lead to.....

- Heart disease.
- Increased blood pressure.
- Increased blood glucose.
- Increased LDL (bad) cholesterol and decreased HDL (good) cholesterol
- Increased risk of developing type 2 diabetes

### Why is healthy weight important?

- Reduced risk for heart disease and certain cancers.
- Fewer joint and muscle pains.
- More energy.
- Better sleep patterns.
- Better regulation of bodily fluids and blood pressure.

### What can you do?

- Be active.
- Stop smoking or using tobacco products.
- Physical activity.
- Eat healthy.
- Cook healthy.



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