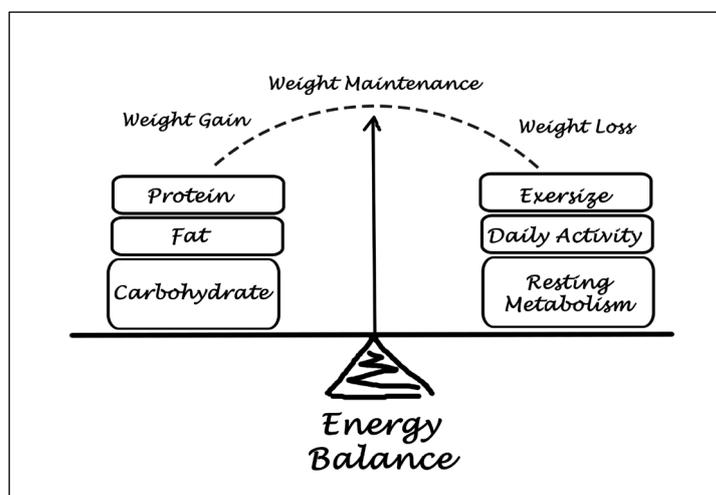


Maintaining Healthy Body Weight

Imagine your body as a bank. You deposit energy, when you eat and you remove energy when you move around and exercise.

It is important to keep a balance so that you maintain a healthy body weight.



The greater the weight problem, the higher your risk of health problems such as

Heart disease
Diabetes
Gallstones
Gout
Varicose veins

High blood pressure
Some cancers
Arthritis
Joint problems
Sleep problems or sleep apnoea

As we age, weight gain occurs naturally as our body's metabolism slow down. It is important to monitor your weight and food intake. As we all know it is very easy to overeat and put-on weight gradually.

The role of food

- ✓ Eating from the five food groups is important. Which include fruit, vegetables, lean meats, low fat dairy foods and minimal fats
- ✓ Avoiding high fat and sugar foods
- ✓ Reduce alcohol intake
- ✓ Make water as your preferred drink
- ✓ Watch your portion sizes of food you eat.

The role of Physical Activity

Physical activity is essential to a healthy weight. As we age, our physical activity can decline therefore, it is important to move and keep moving. It is important to do physical activity that fits into your day. Once you start a physical activity program you need to be able to continue it no matter where you are.

The two keys to maintaining a healthy weight are eating well and keeping physically active.

Healthy Weight Range - BMI

What is your healthy weight?

There is no such thing as a perfect or ideal weight for a person of a particular height.

Instead, there is a healthy weight range within which people can enjoy the best health.

The weight and height chart shows the healthy weight ranges for people of different heights. It is a rough guide for men and women over 18 years.

Working out Body Mass Index (BMI)

How does it work?

Look up your weight and height to see if you are in the healthy weight range and BMI.

The exceptions are those that body build will have a higher BMI due to the weight density of muscle.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

BMI HEIGHT To WEIGHT AGE CHART in Kg & lbs

Height			Weight									
			Underweight		Normal		Overweight		Obese		Extreme Obese	
in	ft-in	cm	Kg	lbs	Kg	lbs	kg	lbs	kg	lbs	kg	lbs
58"	4ft 10"	147.3	35 - 40.2	77 - 89	40.2 - 52	91 - 115	54.5 - 63.6	119 - 138	65.9 - 84.1	143 - 185	88.6+	191+
59"	4ft 11"	149.9	36 - 41.5	79 - 94	41.5 - 54	94 - 119	56.2 - 65.2	124 - 143	68.2 - 88.6	148 - 193	90.9+	196+
60"	5ft	152.4	37.2 - 43	82 - 97	45.5 - 56.8	97 - 123	59.1 - 68.2	128 - 148	70.5 - 90.9	153 - 199	93.2 +	204+
61"	5ft 1"	154.9	38.5 - 45.5	85 - 100	45.5 - 59.1	100 - 127	61.4 - 70.5	132 - 153	72.7 - 93.2	158 - 206	96.5 +	211+
62"	5ft 2"	157.4	39.6 - 45.5	87 - 104	47.7 - 61.4	104 - 131	63.6 - 72.7	136 - 158	75.0 - 97.7	164 - 213	99.0+	218+
63"	5ft 3"	160	41.0 - 45.5	90 - 107	47.7 - 63.6	107 - 135	65.9 - 75.0	141 - 163	77.3 - 100	169 - 220	102.3+	225+
64"	5ft 4"	162.5	42.2 - 47.7	93 - 110	50.0 - 65.9	110 - 140	68.2 - 77.3	145 - 169	79.5 - 103	174 - 227	106.8+	232+
65"	5ft 5"	165.1	43.5 - 50.0	96 - 114	52.3 - 65.9	114 - 141	68.2 - 79.5	150 - 174	81.8 - 106.2	180 - 234	109.1+	240+
66"	5ft 6"	167.6	45.0 - 50.0	99 - 118	52.3 - 68.2	118 - 148	70.5 - 84.1	155 - 179	86.4 - 109.5	186 - 241	111.6+	247+
67"	5ft 7"	170.1	46.2 - 52.3	102 - 121	54.5 - 70.5	121 - 153	72.7 - 86.4	159 - 185	88.6 - 112.9	191 - 249	115.7+	255+
68"	5ft 8"	172.7	47.7 - 54.5	105 - 125	56.8 - 72.7	125 - 158	75.0 - 88.6	164 - 190	90.9 - 116.2	197 - 256	119.2+	262+
69"	5ft 9"	175.2	49 - 56.8	108 - 128	59.1 - 75.0	128 - 162	77.3 - 90.9	169 - 196	93.2 - 119.6	201 - 263	122.7+	270+
70"	5ft 10"	177.8	50.5 - 56.8	112 - 132	59.1 - 77.3	132 - 167	79.5 - 93.2	174 - 202	96.5 - 123.2	209 - 271	126.3+	278+
71"	5ft 11"	180.3	52 - 59.1	115 - 136	61.4 - 79.5	136 - 172	81.8 - 96.5	179 - 208	97.7 - 126.7	215 - 279	130+	286+
72"	6ft	182.8	53.3 - 61.4	118 - 140	63.6 - 81.8	140 - 177	84.1 - 100	184 - 213	102.3 - 130.2	221 - 287	133.5+	294+
73"	6ft 1"	185.4	55 - 61.4	121 - 144	63.6 - 84.1	144 - 182	86.4 - 102.3	189 - 219	104.5 - 134	227 - 295	137.5+	302+
74"	6ft 2"	187.9	56.5 - 63.6	125 - 148	65.9 - 86.4	148 - 186	88.6 - 104.5	194 - 225	106.8 - 137.6	233 - 303	141.1+	311+
75"	6ft 3"	190.5	58 - 65.9	128 - 152	68.2 - 88.6	152 - 192	90.9 - 106.8	200 - 232	109.1 - 141.4	240 - 311	145+	319+
76"	6ft 4"	193	59.5 - 69.5	131 - 154	70.5 - 90.9	156 - 197	93.2 - 107.9	205 - 238	111.6 - 145.2	246 - 320	149+	328+
BMI Ranges			16 - 18.5		18.5 - 24.9		25 - 29.9		30 - 39.9		Over 40	

Best choice

Choose **green** food and drinks as often as possible. They are fresh and good for you.



Choose carefully

Choose **amber** food and drinks sometimes. They are less healthy and there are better options.



Limit

To look after your health, choose **red** food and drinks rarely and in small amounts.

