



Safety Matters®

KNOW ME. KNOW MY NUMBERS.

A HEALTHIER, HAPPIER LIFE.

Why should I know my Body Mass Index (BMI)?

Knowing your BMI is a good baseline to help you start the journey to a healthier happier life. It provides an approximation of body fat, based on your height and weight, which helps you to determine if you are overweight. Be sure to discuss your numbers with your doctor about what that your number means for your body type and current lifestyle.

Some known health risks associated with being overweight include stroke, diabetes, arthritis, and heart disease.



How Do I Know What My BMI Is?

Use **this chart** to get an estimate of your current BMI – Simply follow the number on the left for your height, and move across to your weight. The number on the top of that column will give you your estimated BMI.

Another quick and simple tool is **available here** - just plug in your information and get a personal report on your results.

3 Quick Tips for a Healthy BMI

Once you know your BMI, here are some quick and simple tips to get you started on making a change and maintaining a healthy weight.

1 - Pay Attention to Your Diet. Keep a journal to understand your eating habits and make healthy changes along the way. And don't forget breakfast, it is the most important meal of the day.

2 - Watch What You Drink. Drink more water - six to eight 8-oz glasses every day. Drink a glass or two of skim milk per day - calcium and vitamin D can help you lose weight.

3 - Get Active. Consider using the stairs instead of the elevator, walk to the store, don't sit for long periods of time and try to get 15-30 minutes of cardio or aerobic activity in each day.



Learn More. Know More.

Visit our website for links to more resources and tools.

Stay inspired for a healthier happier you. Get social with us today!

