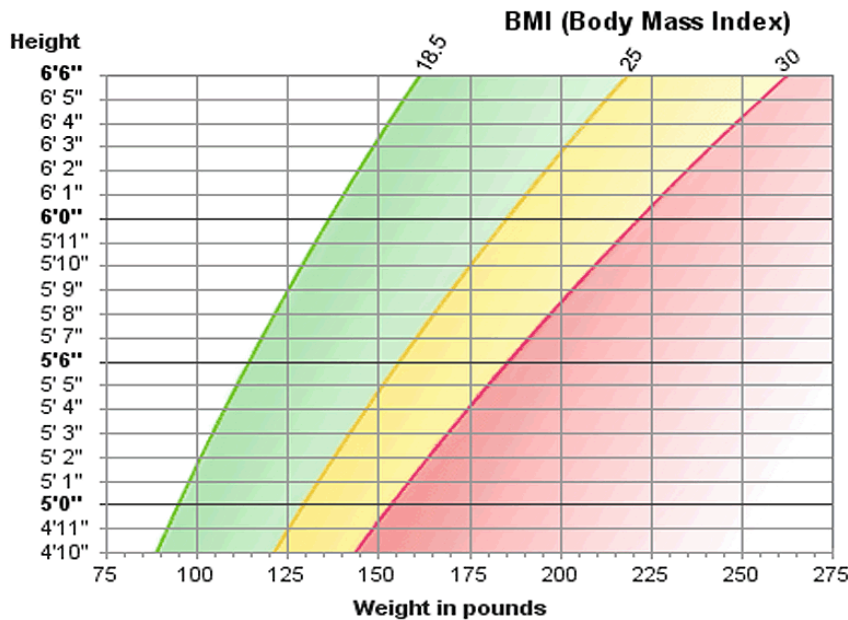


Healthy Weight / Body Mass Index (BMI)

- Being overweight is the leading cause of physical disorders that cause death.
- Maintaining a healthy weight decreases the risk of developing high blood pressure, high cholesterol, diabetes, heart problems, and circulatory problems.
- The best and simplest way to lose weight is to increase physical activity and reduce the fat and sugars in your diet.
- Be sure to eat at least the lowest number of servings from the five major food groups in the Food Guide Pyramid.
- BMI is a measurement based on height and weight as it relates to body fat.



Notes:

Instructor Tips

- BMI helps determine risk factors for weight related health problems.
- BMI categories:
 - Underweight – Below 18.5
 - Normal - 18.5 – 24.9
 - Overweight - 25.0 – 29.9
 - Obese – 30.0 and above
- Note: BMI should be considered general in nature and will vary depending on gender and age.
- Note: BMI does not account for frame size, muscularity, and proportions of fat, bone, cartilage, and water weight.

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

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DIET (8)