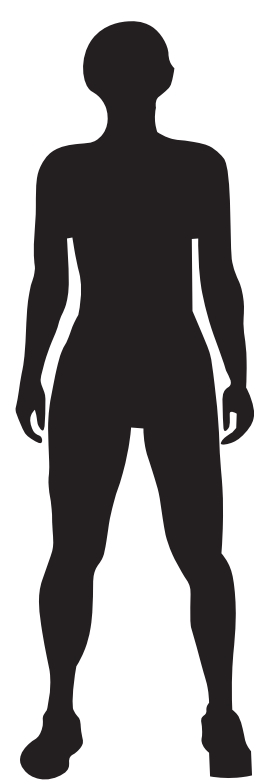
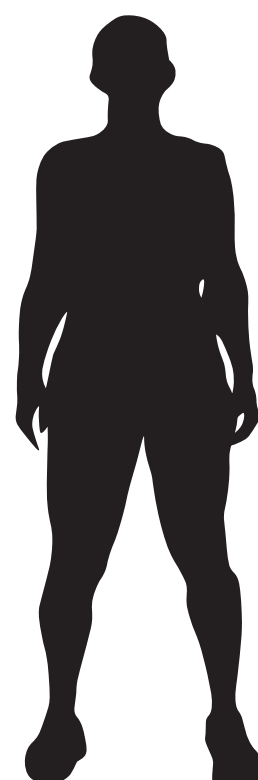


IS YOUR WEIGHT DAMAGING YOUR HEALTH?

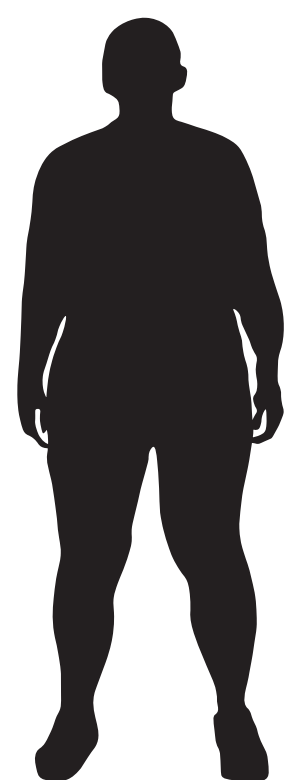
Body Mass Index is used to indicate health risks and likelihood of disease development.



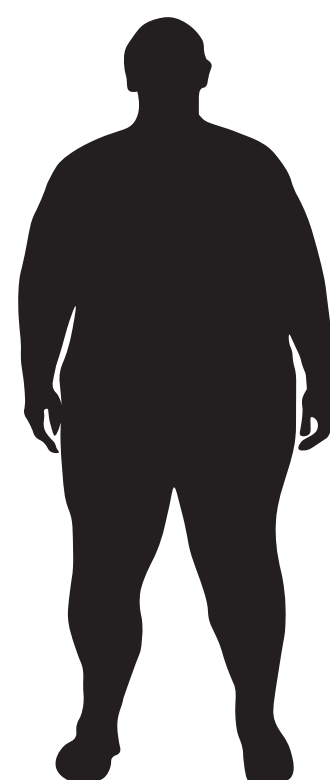
Normal Weight
(BMI 18.5 - 24.9)



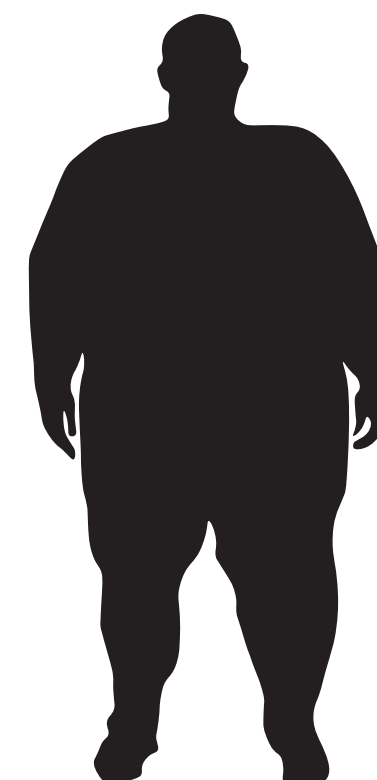
Overweight
(BMI 25 - 29.9)



Obese Class I
(BMI 30 - 34.9)



Obese Class II
(BMI 35 - 39.9)



Obese Class III
(BMI 40 or more)

FIND YOUR BMI

Locate your height at left. Move across to find current weight. The number at the top of the column indicates your BMI.

BODY MASS INDEX (BMI) TABLE

BMI Height	NORMAL						OVERWEIGHT					OBESE CLASS I					OBESE CLASS II					OBESE CLASS III									
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	210	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	340
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402

If in OVERWEIGHT or OBESE categories, your elevated risk of developing Type 2 Diabetes is¹:

WOMEN

MEN

- Overweight Women: (BMI 25-29.9) the chances are **390% higher***
- Obese Women: (BMI over 30) the chances are **1240% higher***
- Overweight Men: (BMI 25-29.9) the chances are **240% higher***
- Obese Men: (BMI over 30) the chances are **670% higher***

*compared to normal weight women

*compared to normal weight men

An increasing BMI also heightens risk of developing other serious health problems².

- Hypertension (high blood pressure)
- Dyslipidemia (high cholesterol and/or triglycerides)
- Nonalcoholic Fatty Liver Disease
- Gastroesophageal Reflux Disease
- Cardiovascular Disease
- Depression

Obese Class III patients lose between 6.5 and 13.7 years of life depending on BMI³.

Are you ready to take action to reduce your weight and improve your health?
Ask your Physician today about a NEW program offering measurable results.