

September: Do You Know Your BMI Number?

We hear a lot about BMI or "body mass index", these days. Why is it so important? A high BMI can put you at risk for heart disease, high blood pressure, high cholesterol, and diabetes. A healthy weight is a weight that lowers your risk for health problems. For most of us, body mass index and waist size are good indicators of a healthy weight. However, reaching a healthy weight isn't just about reaching a certain number on the scale or a certain BMI. Healthy eating and exercise habits are even more important because when you're active and eating well, your body will settle into a weight that is healthy for you.

Two things that you can work on that will lead to reaching a healthy weight: 1. Improve your eating habits. Do it slowly. You'll be more apt to stick with it if you don't change everything at once. 2. Get moving: Try to make physical activity a regular part of your day.

In the attached article, there is a chart to calculate your BMI and an explanation of what your BMI means.

[What Does Your Body Mass Index \(BMI\) Number Mean?](#)

[BMI Chart](#)

