

BMI – Body Mass Index

What is it and Why is it important

(a measure of body fat based on height and weight that applies to adult men and women.)

For Optimal Health, your BMI should be between 19 and 24

BMI Categories:

Underweight = <18.5

Normal weight = 18.5–24.9

Overweight = 25–29.9

Obesity = BMI of 30 or greater

If your BMI is **30 or above** (versus under 25).

- ∞ Your **risk for diabetes** is increased **110%**
- ∞ Your **risk for heart disease** is increased **98%**
- ∞ Your **risk for any cancer** is increased **25 to 30%**
- ∞ Your **risk Breast Cancer** is increased **39%** after menopause
- ∞ Your **risk for recurrent Breast Cancer** is increased **46%**

Being overweight is now the **Number One Cause of Preventable Disease** in America.

Your Health is important to us.

We can help you obtain your Optimal Weight and achieve Optimal Health. Please ask us how. We teach the Habits of Health.

Calculate your BMI from the chart on our business card.

Please add or subtract 5 pounds from your weight if you are “large” or “small” boned.

Certified Health Coaching by:



Michael McCright
Prevention – May week 2