

SUBSCRIBE TO "HEALTH"

ARTICLES

ShowMe Gold Sponsors



TOP

It's Not A Diet, It's A Lifestyle!

JANUARY 24TH 2012 BY AMY ELLINGHOUSE

It's Not A Diet, It's A Lifestyle!

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

Staying in control of your weight contributes to good health now and as you age.

If you've been thinking about your current weight, it may be because you've noticed a change in how your clothes fit. Or maybe you've been told by a health care professional that you have high blood pressure or high cholesterol and that excessive weight could be a contributing factor. The first step is to assess whether or not your current weight is healthy.

How can I tell if I'm at a healthy weight? Adult Body Mass Index or BMI

One way to begin to determine whether your weight is a healthy one is to calculate your "body mass index" (BMI). For most people, BMI is a reliable indicator of body fatness. It is calculated based on your height and weight.

To calculate your BMI, see the [BMI Calculator](#). Or determine your BMI by finding your height and weight in this [BMI Index Chart](#).

If your BMI is less than 18.5, it falls within the "underweight" range.

If your BMI is 18.5 to 24.9, it falls within the "normal" or Healthy Weight range.

If your BMI is 25.0 to 29.9, it falls within the "overweight" range.

If your BMI is 30.0 or higher, it falls within the "obese" range.

"Underweight", "normal", "overweight", and "obese" are all labels for ranges of weight. Obese and overweight describe ranges of weight that are greater than what is considered healthy for a given height, while underweight describes a weight that is lower than what is considered healthy. If your BMI falls outside of the "normal" or Healthy Weight range, you may want to talk to your doctor or health care provider about how you might achieve a healthier body weight. Obesity and overweight have been shown to increase the likelihood of certain diseases and other health problems.

At an individual level, BMI can be used as a screening tool but is not diagnostic of the body fatness or health of an individual. A trained healthcare provider should perform appropriate health assessments in order to evaluate an individual's health status and risks.

To calculate your BMI, use the tool below.

BMI For Adults Widget

BMI For Adults. Flash Player 9 is required.

BMI For Adults.

[Flash Player 9 is required.](#)

[Go to post](#)



More from ShowMe Times:

