

Healthy Weight

What is Healthy Weight:

A healthy weight can technically be defined by body mass index (BMI), which is a measure of weight and height. A BMI of 18.5 up to 25 refers to a healthy weight. A BMI of 25 up to 30 refers to overweight and a BMI of 30 or higher refers to obese.

Why It's Important:

Reaching and maintaining a healthy weight is important for your overall health. People who maintain a healthy weight are less likely to be at risk for weight-related health problems, such as diabetes, heart disease, high blood pressure and some types of cancer. Maintaining a healthy weight has many additional benefits, including feeling good about yourself and having more energy to enjoy life.

How Healthy Weight is Evolving:

Healthy weight is becoming much more than simply reaching a number on the scale or a specific dress size. It's about a healthy lifestyle. A healthy weight is finding the weight that's right for you. It's about feeling good about how you look, vitality, confidence and good health.

Healthy Weight Strategies:

Today, people are tired of hearing what they should avoid. They want to know what they should be adding to their diet to help achieve a healthy weight. Today's focus is on simple, realistic changes to daily eating and activity choices to achieve lasting results. It's about eating right, moving more and including the right nutrients. Walk more and milk your diet are two small changes that could make a big difference – for your weight and your health.