



## Achieving Your Healthy Weight

Two out of three Americans are overweight or obese. Because weight is a factor in so many diseases it is important to determine a healthy weight for your frame and work toward that goal.

The first step is to determine a healthy weight for your body type. A healthy weight is more than the number on the scale. Because scales can't tell you how much of your weight is fat or where you're carrying that fat, you need to determine your body fat in relation to your overall body mass. This is more important than your weight alone.

	Normal		Overweight					Obese				
BMI	19	24	25	26	27	28	29	30	35	40	45	50
Height	Weight in pounds											
4'10"	91	115	119	124	129	134	138	143	167	191	215	239
4'11"	94	119	124	128	133	138	143	148	173	198	222	247
5'0"	97	123	128	133	138	143	148	153	179	204	230	255
5'1"	100	127	132	137	143	148	153	158	185	211	238	264
5'2"	104	131	136	142	147	153	158	164	191	218	246	273
5'3"	107	135	141	146	152	158	163	169	197	225	254	282
5'4"	110	140	145	151	157	163	169	174	204	232	262	291
5'5"	114	144	150	156	162	168	174	180	210	240	270	300
5'6"	118	148	155	161	167	173	179	186	216	247	278	309
5'7"	121	153	159	166	172	178	185	191	223	255	287	319
5'8"	125	158	164	171	177	184	190	197	230	262	295	328
5'9"	128	162	169	176	182	189	196	203	236	270	304	338
5'10"	132	167	174	181	188	195	202	209	243	278	313	348
5'11"	136	172	179	186	193	200	208	215	250	286	322	358
6'0"	140	177	184	191	199	206	213	221	258	294	331	368
6'1"	144	182	189	197	204	212	219	227	265	302	340	378
6'2"	148	186	194	202	210	218	225	233	272	311	350	389
6'3"	152	192	200	208	216	224	232	240	279	319	359	399
6'4"	156	197	205	213	221	230	238	246	287	328	369	410

Source: National Institutes of Health

Wellness